

# Biji, Mom, & Me

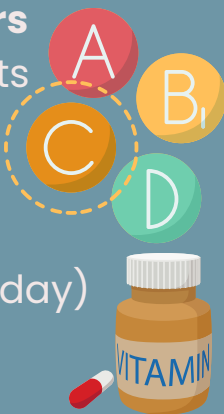
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Tips & resources provided by professionals to improve mental, physical and emotional well being of seniors

## Health and Nutrition: Tips for Improving your Health

### Teenage/Youth Adult Years

- Getting enough nutrients for healthy bones
- Calcium, Vitamin D, Phosphorus
- Dairy (3-4 servings per day)
- Iron with menstruation



### Late Years

- Getting enough nutrients
- Vitamin D, Vitamin B12, protein
- Chronic disease prevention/management
- Diabetes, Dementia



### Diabetes Prevention

- Type 2 Diabetes can be delayed or prevented
- Lifestyle changes can help!
- Maintaining healthy weight
- Healthy eating
- Exercising on a regular basis
- Medication



### Healthy plate

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods



Information provided by

Health Canada

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## 10 Strategies to help you improve your mental health

**1. Calm Breathing:** Inhale for 8 seconds, hold for 4 seconds, exhale for 8 seconds. Repeat for 5-10 breaths.

**2. Be Present-5 Senses Technique:** 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste



**3. Diet:** ½ plate should be veggies, increase healthy fat intake, focus on eating real foods, and reduce coffee and sugar intake

**4. Gratitude:** List 5 things you are grateful for.

**5. Sleep:** Create a sleep routine, no technology 1 hour before bed and avoid eating, drinking or napping too close to bedtime

**6. Exercise:** Aim for 5 days/week for minimum 30 minutes at 70% your heart rate

**7. Social Connections:** Reach out to people you love. Don't suffer alone. For free professional services and support contact **Connex Ontario** at 1-866-531-2600

**8. Routine:** Create a routine that you like. It will give you control over your life.

**9. Perspective Shift:** How would a positive, mentally strong person view this situation?

**10. Emotional Outlet:** Create 3-5 different outlets for your emotions



Information provided by

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Funded by the Government of Ontario

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