

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

May 23, 2017

FIVE SURPRISING REASONS FOR A BAD MOOD

Feeling crabby? Your diet, lack of sleep or circle of friends may be to blame. Luckily, there are some easy fixes for a bad mood. Here's what mental health experts suggest:

1. GET SOME SUN

Vitamin D and calcium work together in your body. Both nutrients can make you feel low if you don't get enough of them. The fix? Try eating more fatty fish, like tuna and salmon, which are good sources of vitamin D. Also, get a few minutes of sunshine each day.

2. CUT OUT JUNK FOOD

There's a connection between your diet and your emotions. Eating high fat, sugary foods when you're emotional can feed negative feelings. The fix? Snack on protein and good carbs like apples and peanut butter or carrots and hummus.

3. GET ENOUGH LIQUIDS

Even mild dehydration can affect your energy and mood. The fix? Drink more water. Some experts recommend drinking eight, 8-ounce glasses of water each day.

4. STOP WORKING SO MUCH

A study suggests people who work more than 50 hours a week have lower mental well-being. They can also feel depressed. The fix? Enjoy a hobby. Spend time with friends. Make time for something you enjoy.

5. GO TO BED

Lack of sleep can make you mad, sad and less able to deal with stress, cause irritability, a short temper



Mental illness is more common than people may think. About one out of five American adults suffer from a mental illness each year, but the fear of stigma can deter people from seeking treatment. If you need help, reach out to Here4TN for supportive resources. Visit Here4TN.com or call 1-855-Here4TN (437-3486).



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sleep can bring your mood back to normal levels.
Adults over age 26 should aim for 7 to 9 hours each night.

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