

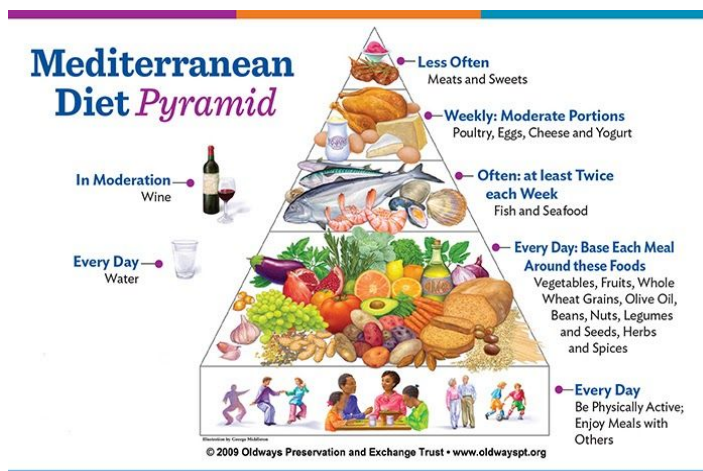
Wellness subcommittee

Resident/ Fellow Council
Association of Academic Psychiatrists

Practical Recommendations for Wellness

Diet for wellbeing

- ❖ Adherence to Mediterranean dietary patterns is associated with a reduced risk of depression [3]
- ❖ Mediterranean diet can promote gut microbial taxa



❖ Mediterranean diet: high consumption of fruits, vegetables, nuts, and legumes; moderate consumption of poultry, eggs, and dairy products; and only occasional consumption of red meat

❖ High amounts of refined carbohydrates and sugars may have a detrimental effect on psychological well being [4].

❖ A higher intake of fruits, vegetables, olive oil, nuts, fish, and whole grain; and a lesser intake of meat, meat products, commercial bakery, trans fat, and sugary dessert/drinks may reduce the risk of depression [5].

❖ Certain foods have been linked to better mental health: fish and fresh fruit and vegetables

- ❖ Sugary drinks have been linked to depression
- ❖ Supplements may be considered such as n-3 PUFA, folic acid, vitamin B12, vitamin D, polyphenols

'Tips & Tricks' for Healthy Sleep Hygiene [1]

- ❖ Avoid blue light emitted from screens at least 2 h before bed (smartphones, laptop, monitors). Blue light suppresses melatonin production that is needed to induce sleep. Avoid text messaging, social media, games, app use.

- ❖ Get bright, natural light (the sun) upon awakening (the sun is ideal, but some suggest at least a 10,000 lux lamp if artificial)
- ❖ Don't hit the snooze button. It does not improve sleep quality.
- ❖ If you have difficulty waking up, some suggest a dawn-simulator alarm clock.
- ❖ If you must use your computer at night, consider installing color-adjusting and blue-light reducing software or wear blue-light blocking glasses.
- ❖ Meditation may be helpful. Brainwave entrainment (e. g., binaural beats) is considered experimental.
- ❖ Higher carbohydrate (namely high glycemic index foods) at night may improve sleep, as well as high protein including tryptophan. High fat intake at night may disrupt sleep. Inadequate total caloric intake during the day may impair sleep at night.
- ❖ Topical magnesium (e. g., salt bath, topical mineral oil) or oral magnesium may help if you are deficient.
- ❖ Melatonin naturally occurring in foods (e. g., tart cherry juice, raspberries, goji berries, walnuts, almonds, tomatoes) may potentially improve sleep, but avoid artificial melatonin supplements.
- ❖ Don't fall asleep to the TV. Sleep studies show you frequently wake up during the night and have poor quality sleep.
- ❖ Herbal supplements are largely unknown with potential serious side effects, and may be on USADA-prohibited lists or result in positive banned substance test for athletes.
- ❖ Consider reducing your fluid intake before bed so you don't get up to go to the bathroom (only if you maintain enough hydration during the day).
- ❖ Cooling your body temperature may improve sleep. Some suggest keeping room between 60–70 degrees; however, keep hands and feet warm (socks and gloves may help during winter months).
- ❖ Check your mattress - it may be too old (mattresses typically last a maximum of 9–10 years) and may have allergens.
- ❖ Recovery from exercise should not only focus on muscle recovery. Reducing mental fatigue is just as important for healthy sleep. Reduce external stressors in your life.

Exercise for wellbeing

- ❖ Cochrane review showed that exercise is moderately more effective than no therapy for reducing symptoms of depression
- ❖ Aerobic exercise is considered more effective for improving cardiovascular health, increasing well-being, and managing chronic conditions such as diabetes mellitus
- ❖ Anaerobic exercise has particular benefit for improving respiratory fitness and reducing oxidative stress, and fatigue

American Heart Association Recommendations for Physical Activity in Adults

- ❖ Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- ❖ Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- ❖ Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.

- ❖ Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- ❖ Increase amount and intensity gradually over time.

References:

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