



NOURISHING FOR A CLEAR MIND

Nourishing your body and mind is about more than food. It's about your social interactions & relationships, sleep & rest, and creativity & activity. These are my five pillars for a clearer, calmer mind and more productive and happy life.

www.nicoledelyongend.com



Food

Eating a balanced diet that includes whole grains, fruits (especially berries), vegetables (especially leafy greens), lean proteins, and healthy fats can be nourishing for a clear mind. They are rich in omega-3 fatty acids, antioxidants, B vitamins, and amino acids necessary for optimal brain function. Following a Mediterranean-style diet is ideal for incorporating these foods more consistently.

Regular meal timing and avoiding skipping meals helps to regulate blood sugar and keep cortisol levels low, which ensures your brain is getting the energy and calm it needs to function efficiently & clearly. Staying hydrated also keeps your brain happy. Water is so important for circulation of nutrients, lubricating your brain, and providing hydrogen and oxygen (H₂O) needed for many chemical processes in the body. Aim for 2-3L per day!

Movement

There are various physical exercises that can help with thinking clearly, such as aerobic exercises, yoga, and tai chi. These exercises can boost blood flow to the brain, release endorphins, and reduce stress and anxiety, which can all contribute to clearer thinking and improved cognitive function. Even just 20-30 minutes a day can help.

Spending time in nature has been shown to help reduce brain fog. Being in a natural environment can provide a sense of calmness and relaxation which can clear the mind and improve cognitive function. Additionally, exposure to natural light and fresh air can contribute to increased alertness and mental clarity. Take a 20 minute brisk walk outdoors to amplify your movement for a clear mind.

Daily Checklist

Food

- whole grains
- lean protein
- berries
- leafy greens
- olive oil

Movement

- 20+ minutes of exercise
- get outside



Dr. Nicole DeYonge
Naturopathic Doctor

"For over 5 years I have been helping people discover their path to better health and happiness. My resilient health method supports you through 4 phases: digestion, nervous system, hormones, and metabolic health - to feel more calm, connected, and in control."



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Rest

Sleep is crucial to both cognitive function and mood, among many other health factors. To get deep, restorative sleep phases, establish a solid bedtime routine, and aim to get at least 7-9 hours per night for optimal cognitive function and a clear mind.

Active rest is engaging in activities that bring joy and fulfillment, such as spending time with loved ones or pursuing hobbies, can also promote happiness and cognitive health. It's time you're awake and alert but allowing yourself mental freedom to play, create, laugh, explore, or do whatever 'fills your cup'.

Mindset

Mindfulness is a simple practice that allows you to engage in the present moment without judgement. It can be done with simple tasks like the dishes or while eating, or can be used as a strategy for calming the nervous system when stressed. It can also be incorporated into a breathing or meditation practice, where the focus is turned inward to the breath and body. These practices have been proven to increase focus and reduce brain fog.

In addition to practicing mindfulness, it can be helpful to have some infrastructure for creating clearer thinking into your routine. Silencing notifications on your devices allows your mind the space to function more clearly, free of continuous distractions. Decluttering your space to reduce visual 'noise', and journalling or list-making also helps to declutter the to-do's, emotions, and lingering thoughts you're hanging onto, allowing for more space to think clearly.

Reward

Break down your big tasks into smaller, more manageable pieces that you can reasonably accomplish in a given time frame or capacity. Then celebrate at the little milestones. When you celebrate your small wins, instead of worrying about how much more there is to do or being disappointed you didn't get more done, your dopamine reward system kicks in. Celebrating doesn't necessarily mean a big party or a getaway - it could be something as simple as a delicious drink or meal, a walk outside, having a good conversation or laughing, or having a solo dance party to a great song. All of these things naturally boost dopamine, to support clear thinking and feeling motivated.



- ### Daily Checklist
- Rest**
- sleep 7-9 hours
 - 20+ minutes of active rest
- Mindset**
- practice mindfulness
 - silence notifications
 - declutter your space
 - organize your thoughts
- Reward**
- Celebrate small wins!



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