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Nutrition and Physical Activity in Relation to Mental Resilience

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Abstract

- By assessing diet quality as healthy or unhealthy diet, as well as exercise frequency, this study aims to examine the relationship between dietary pattern, mental resilience in respect to depression, anxiety, and stress.
- Whole grain consumption is linked to self confidence, regular exercise is linked with a better diet, and decreased fast food consumption is linked to better stress management.
- vegetables, nuts, and fruits, namely a Mediterranean diet, along with frequent exercise can lead to an improvement in mental wellbeing and psychological resilience.
- Importance of maintaining a healthy lifestyle as a solution for those who struggle with their mental health.

Introduction

- Role of fruits, nuts and vegetables in maintaining cognitive health (Miller, Marshall 2017).
- Diets low in saturated fats and high in Omega-3 polyunsaturated fats have shown reduced risk of obesity and mental health disorders (Gomez-Pinilla, (2008).
- Diet is the primary source of essential nutrients needed to function. Without essential nutrients, humans will suffer cognitive, inflammatory, and immune issues. (Rao, 2008)
- Exercise is capable to enhancing wellbeing as much as psychotherapy may enhance. Improving depression, stress, and anxiety. (Maturitas, 2017)
- Calorie restricted diet, and constant increase and decrease of calorie intake may be related to better BDNF production and reduction of cellular damage (Gomez-Pinilla, F. (2008)
- Studies have proven that in traditional diets like a mediterranean diet and japanese diet you have a 25% to 35% lower chance on having depression compared to a “western diet”.(MD, E. S.)

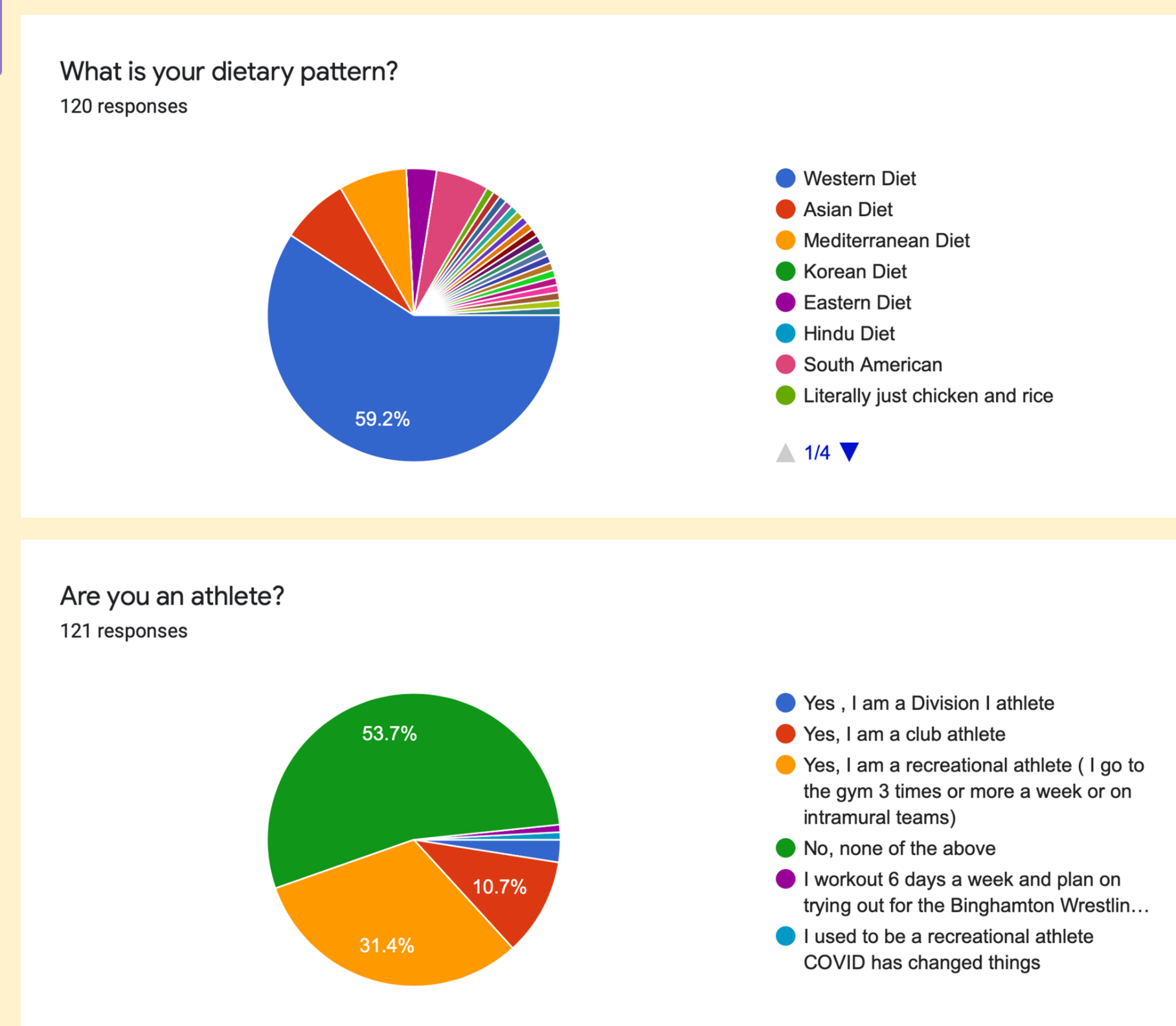
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Methods and Demographics

Demographics:	Male (71%) and Female (29%); 18 and above
Number of Participants:	121
Survey:	Nutrition and Physical activity in Relation to Resilience
Deliverance:	GroupMe, text messages, word of mouth, and in person
Statistical Analysis:	Pearson’s Correlation Coefficient, SPSS Version 25.0

Results



Exercise & Mental Health	Correlation between high exercise frequency and a well-balanced lifestyle. .499*
Diet & Mental Health	Correlation between students following Western diet and an increase in depression 0.314**
Exercise & Diet	Correlation between high exercise frequency and a well-balanced diet. 0.382**
Nuts & Mental Health	Correlation between high nut consumption and making changes to your life and pay attention while do those changes. 0.242*

Table 1. Points of significance between exercise, diet, and mental health.

Discussion

- Our findings include...
- A positive correlation between frequent exercise and mental health.
 - Adequate amount of sleep have been shown to have a positive impact on mental health.
 - Exercising on a regular basis keeps your mental health in good condition, making you feel better about yourself. This pathway is likely to come about through relief of oxidative stress and increasing neuroplasticity through increased mitochondrial production and BDNF production.
 - The results of regular exercise mirror those of therapy for many people, promoting better mood
 - The phytochemicals found in many nuts, fruits and seeds have been linked to countering oxidative stress and inflammation which correlates to our findings of nuts having a significant impact on mental health

Conclusion

- In conclusion
- The phytochemicals found in many nuts, fruits and seeds have been linked to countering oxidative stress and inflammation.
 - Exercising on a regular basis keeps your mental health in good condition, making you feel better about yourself. However, too much exercise can possibly do damage.
 - Eating a well-balanced diet or a Mediterranean diet and exercising regularly has been shown to have a positive effect on your physical and mental health.
 - The results of regular exercise mirror those of therapy for many people, promoting better mood and increasing the receptiveness of their body to

References

