

RESILIENCY

THE GUT-BRAIN AXIS

Having a “gut-feeling?” The gut-brain axis is the connection between the central and enteric nervous systems, which creates communication between our brains and intestines.

Here are some ways to improve the health of your gut microbiota, which can enhance your nutrition status and mental wellbeing.

INCORPORATING FIBER IN YOUR DIET

Gut bacteria eat prebiotics like fiber, which is found in plant-based foods such as whole-grains, fruits, vegetables, legumes, nuts and seeds.

TRYING PROBIOTIC FOODS

Probiotics are living microorganisms that can be found in fermented foods—such as Greek yogurt, kefir, sauerkraut, kimchi, and kombucha—which help to populate your gut with helpful bacteria.

MINDFULNESS TECHNIQUES

Practicing regular check-ins with yourself, breathing exercises, meditation and mindful eating are ways to reduce stress and keep your gut happy.

EXERCISE AS A STRESS REDUCER

Getting in some movement can be a major stress reliever for many and may also help promote helpful bacteria in the gut.



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