### IMPLEMENTING PRACTICES TO IMPROVE MENTAL HEALTH THROUGH MIND, BODY, AND SPIRIT

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**DIET**

- A healthy diet rich in vegetables, fruits, meats, and grains may protect from mental illness. It has been associated with lower risk for depression and anxiety disorders compared to a diet high in processed foods (Jacks et al. 2010; Sarris et al. 2015).

- A meta-analysis of 29 research studies (2004–2017) came to the conclusion that a nutrient-rich diet was correlated with a lower risk of depression (Molendijk et al., 2018). Poor mental health may also lead to unhealthy eating (Popa and Ladea 2012).

- Myplate.gov is a reliable resource for counselors to refer clients to for basic nutrition information.

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**MINDFULNESS**

Popular mindfulness interventions:
- MBI (mindfulness-based intervention)
- MBCT (mindfulness-based cognitive therapy)
- DBT (differential behavioral therapy)
- MBSR (mindfulness-based stress reduction)

Studies show that mindfulness:
- Improves negative residual symptoms of Schizophrenia (Shen et al., 2021)
- Decreases postpartum depression and anxiety (Zemestani & Fazeli Nikoo, 2019)
- Minimizes depressive symptoms in diagnosed MDD patients (Elices et al., 2017)
- Helps alter distorted thought processes and improves depressed mood and anxiety in eating disorder patients (Khoskerder & Raeisi, 2020)
- Alleviates stress, worry, and professional burnout (Janssen et al., 2020)
- Increases general mindfulness and self-efficacy (Janssen et al., 2020)
- Improves quality of sleep (Janssen et al., 2020)

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**SLEEP**

Sleep affects many aspects of mental health:
- During sleep, the brain processes emotional experiences (Walker & Helm, 2009).
- Sleep disturbances (Fang et al., 2018) and low duration of sleep (Zhai et al., 2015) are associated with depression.
- Quality of sleep and duration of sleep are associated with positive mental health (Vaingankar et al., 2020).
- Insomnia and hypersomnia in adolescence is correlated with mood disturbance, fatigue, and suicidal ideation (Roberts et al., 2000).

The CDC website is a trustworthy resource for counselors to refer clients to for basic sleep information (Centers for Disease Control and Prevention, 2016).

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**SELF CARE**

Client needs to be the one deciding to do self-care and in a way that is helpful to them as an individual.

- Self-care is beneficial for personal and professional functioning.
- Good Self-Care includes: Physical, Psychological, Social, Emotional, Creativity, Intellectual and Spiritual.
- “With all this constant growth and change, the quiet time you spend in reflection, meditation, prayer or journaling becomes all the more precious as a way to integrate the totality of your life.
- “Self-care is an important approach to the management of long-term health conditions and in preventing ill-health by living a healthy lifestyle.”
- Self-care is a source of overall holistic health and can benefit individuals with overall improvements in Mind, Body, and Spirit.

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**REFERENCES**


