



the big number

80

Fully 80% of people who reached out and sought help for symptoms of depression reported feeling better.

Wellness isn't just about our physical well-being. **How we feel and our mental state is equally important.** When we're mentally down, we often find it difficult to **be at our best** at our jobs, at school, and even at the day-to-day physical tasks of living. There's nothing wrong with feeling sadness once in awhile – that's **a natural human experience**, and part of what make us who we are. **But no one should have to live with sadness all the time**, to the point that feeling happy seems impossible. Folks who are feeling this kind of sadness need to know that others are there for them. **Reach out.** Sometimes, joy might need a little help to break through.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**<sup>TM</sup>

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“SADNESS AND JOY”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### 100% WHOLE GRAINS



Whole grain foods, including 100% whole wheat bread, brown rice, oatmeal, and whole grain pasta, don't just provide healthy fiber and nutrients. They also help the body release a substance called serotonin, which improves mood!

## LIVE HEALTHIER

One study found that 32% of depressed participants who ate a diet emphasizing whole grains, fruits, vegetables, beans, nuts, olive oil, eggs, lean red meat, chicken, and fish (a modified “Mediterranean” diet) improved their “happiness score” so significantly that they no longer met the criteria for depression. This research is new, and scientists aren't sure about the specific causes of this remarkable result, but findings like this show that diet and mood are connected.



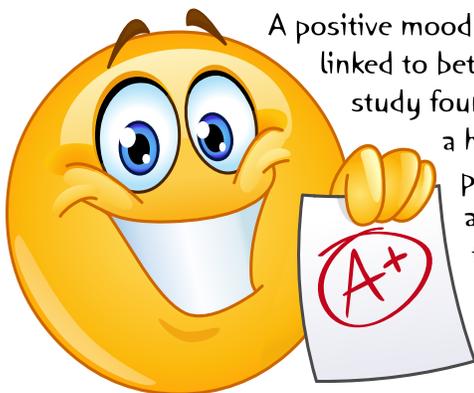
## PLAY HARDER

We might exercise to have fun, compete, train, or get in shape. But exercise is also therapeutic for our mental health. Physical activity has repeatedly been shown to ease the symptoms of depression and anxiety.



## LEARN EASIER

A positive mood has also been linked to better learning. One study found that people in a happier mood performed better at learning tasks that required flexible thinking. Feeling good really matters!



First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, all of the meals we serve for breakfast and lunch must include fruit or vegetable servings.



**DON'T GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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