



5 Daily Practices
to Feel Happier,
Calmer & More
Energetic

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Incorporate Gratitude

Write in a gratitude journal every day. Spent 2-3 minutes before bed journaling about things you are grateful for. This helps calm your brain, increases feel-good neurotransmitters, and gets you ready for sleep.



Eat More Fish

Eat small oily fish 2-3 times per week. Great fish choices include wild-caught salmon, sardines, mackerel, anchovies, and herring. These fish contain high omega-3 fatty acids that improve mood and fuel the brain.



Spending Time Outside Daily

Be with nature for at least 10 minutes daily, and let the sunshine on your face. This will boost your mood, calm the mind, and help you refocus, to find more energy.



Share a Hug

Give someone special to you a hug. Physical touch can release endorphins, which improves and calms mood.



Proteins and Fats

Eat proteins and fats with every meal. Steady proteins and fats maintain blood sugar. Stable blood sugar promotes good energy, supports balanced mood, and lets you go longer in between meals, letting you live life longer outside the kitchen.



Amy Spindel



Amy Spindel is a functional nutritionist and teaching chef. She holds masters degrees in holistic nutrition and clinical social work, has completed a 2-year training in applied functional medicine, and holds a certificate in culinary arts. She works in private practice supporting individuals that are looking to feel happier, calmer, and more energetic by modifying diet and lifestyle habits. Specialties include applied functional medicine, nutritional rebalancing and the practical implementation of dietary changes, and addressing symptoms such as poor digestion, food sensitivities, mood imbalances, and autoimmune.

Amy owns Food With Thought Nutrition, providing one-on-one nutrition, group programs, and classes. Visit her online at www.FoodWithThoughtNutrition.com.

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