



Mental Health: Mental Health Check-In

Mental health influences metabolic health daily. Mood, motivation, and stress shape eating, sleep, and movement choices. Regular check-ins prevent silent decline. Awareness is preventive care.

Depression and chronic stress elevate cortisol, worsen insulin resistance, and disrupt sleep. Emotional distress often leads to comfort eating and inactivity.

Labs may show worsening glucose, lipids, and blood pressure during prolonged low mood.

Addressing mental health early stabilizes both emotional and physical outcomes.

01 For Example

A patient feels persistently low but focuses only on diet goals. Over time, motivation drops and weight returns. When mental health support and daily mood tracking are introduced, lifestyle consistency returns and metabolic labs improve.

02 Try This Today

Measure: Rate your mood daily for one week.

Do: Schedule one supportive or enjoyable activity today.

Reflect: Ask whether mental health is being treated as essential or optional.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

