

# NOURISH MENTAL HEALTH INC.



[WWW.NMH.ORG.AU](http://WWW.NMH.ORG.AU)

## We exist to end unwanted suffering

### MLC workout designed to nourish your mental health

Our experienced team has designed a three-minute workout called MLC which is a practice of Meditation, Laugh and Cardio a minute each every day. MLC workout help's everyone in nourishing their mental health. Our main aim is to encourage people to do MLC workout at the start of their day to keep their mental health nourished.

### MEDITATION

Meditation produces a clearing of the mind in ways that promote a sense of calm and heightened awareness. Interestingly, measurements using electroencephalography (EEG) and magnetic resonance imaging (MRI) show that meditation can alter your brain's activity.

### LAUGH

When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter stimulate many organs and enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain

### CARDIO

Researchers have found that after doing an aerobic exercise, participants have scored higher on mental performance tests, compared to those who did not exercise. One of the most exciting indications is the fact that these affects on the brain may actually be permanent or semi-permanent