**How Diet, Exercise, and Confidence Are Connected**

Do you struggle with not feeling confident? While therapy and coaching can help, it may also be of benefit to address your diet and exercise schedules.

**The Connection**

When you eat well and exercise, it may help boost your self-confidence. Why? Here are some thoughts.

\* **Body image** - While exercising won't necessarily result in the perfect body, it does tend to give you a sense that you are being proactive about your health; you're doing the right thing and working toward getting fit. Recognizing this - even if you can't get rid of those love handles - can help you feel more confident in yourself.

\* **Mood food** - The food you eat can affect your mood, sources say, which in turn affects your confidence. Low blood sugar can cause you to feel grouchy and easily annoyed, and a diet high in sugar may contribute to depression (the ultimate in low confidence!). Lean protein combined with complex carbohydrates is a winning combination.

\* **Endorphins** - Exercise stimulates your body to produce endorphins, which are brain chemicals that help you feel good. These substances play a role in relieving depression and improving mood.

\* **Energy level** - If you're struggling with self-confidence, feeling sluggish doesn't help. Exercise and a healthy diet are key elements to feeling energetic and, ultimately, confident.

\* **Vitamins and minerals** - Your confidence is affected by how you look and feel, and getting the right vitamins and minerals is important for things like teeth, skin, and hair. When these aspects of your appearance are healthy and at their optimum, it helps you feel better about yourself.

Specifically, some vitamins and minerals are directly implicated in improving mood and, consequently, confidence. These include B-complex vitamins and Vitamin D. In fact, fat-soluble Vitamin D is sometimes used by medical professionals to treat Seasonal Affective Disorder (SAD). When you are getting the right amount of key vitamins and minerals, you are much more likely to feel confident in yourself.

\* **Productivity** - When your energy and confidence levels are up due to exercise and diet, you are much more likely to be more productive in work, school, and relationships. And this becomes a positive cycle - increased productivity boosts your confidence even more.

\* **Positive effects** - If you begin to exercise and eat healthfully, you may find yourself looking better - you may experience weight loss, better muscle tone, and healthier skin. Looking in the mirror and liking what you see can go a long way toward boosting confidence!