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PROJECT

Mental Wellbeing Masterclass



Link: <https://tiny.pl/p-c58k9c2>

Mental health is **no longer a silent issue**.
It is rising — globally.

Anxiety is **increasing**.

Depression is **increasing**.

Emotional resilience is **declining**.

Mental wellbeing is not optional.
It is **foundational to longevity**.

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Mental Illness Is on the Rise

We are living in a **mental health epidemic**.

Since Covid, **depression** and **anxiety** have increased significantly.

Approximately **one in four adults in the UK** experiences a **diagnosable mental health condition** each year.

Depression remains one of the **most common** mental health disorders worldwide.

Mental health must be treated **as seriously as physical health**.

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Support Your Mental Health

Mental wellbeing is built through **daily habits**.

Exercise Regularly

Exercise is one of the **most powerful** mental health interventions available.

Benefits include:

- Increased serotonin (the “**happy hormone**”)
- Reduced anxiety
- Improved focus and memory
- Lower **stress levels**

Even **one hour per week** can significantly reduce the risk of depression.

Consistency matters more than intensity.

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Spend Time Outdoors

Nature has a measurable **healing effect**.

Spending time **outside** can:

- Reduce anxiety
- Improve mood
- Lower stress

Sunlight exposure supports **vitamin D production** — a **critical nutrient** for mental wellbeing.

Low vitamin D levels are associated with **low mood and seasonal depression**.

Listen to Uplifting Music

Music influences **brain chemistry**.

Upbeat music can:

- Elevate mood
- Increase motivation
- **Shift emotional state quickly**

Create a feel-good playlist.

Use it intentionally.

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Laugh More

Laughter:

- Releases **dopamine**
- Lowers **cortisol**
- **Oxygenates** the body
- Improves mood

Joy is powerful medicine.

Take a Social Media Break

Social media can:

- Increase comparison
- Trigger anxiety
- Increase **fear of missing out**

Taking a break can:

- Improve **focus**
- Reduce stress
- Restore **perspective**

Protect your mental space.

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Learn Something New

Novelty **interrupts** stress.

Learning:

- **Stimulates** the brain
- Shifts negative **thought patterns**
- Enhances **motivation**

Curiosity is therapeutic.

Effective Ways to Reduce Anxiety

Anxiety is a **physiological response**.
It **can** be regulated.

Remember: **You Are Not Your Feelings**

Emotions are **temporary**.
They do not define you.

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Control Your Breath

Slow breathing **lowers cortisol.**

Exhale slowly for five seconds. Signal **safety** to your **nervous system.**

Move Your Body

Exercise helps **discharge stress hormones.**

When the heart pumps, **worry often quietens.**

Cut Back on Caffeine

Caffeine:

- Raises cortisol
- Increases heart rate
- **Worsens anxiety** symptoms

Swap for herbal teas such as **mint, lemon,** or **ginger.**

Talk to Someone

Connection regulates emotion.

Sharing how you feel:

- Reduces overwhelm
- Creates perspective
- Strengthens resilience

A problem shared is a problem halved.

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Journal Regularly

Writing for even **one minute** can:

- Create **clarity**
- Reduce **mental noise**
- Restore **emotional control**

Journalling turns **chaos into structure.**

Reframing Negative Thoughts

Reframing changes the **narrative.**

You cannot always control events —
but you can **reshape interpretation.**

The only way to transcend trauma
is to **transform the internal story.**

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Supplements for Anxiety Support

Certain nutrients and compounds may support **stress resilience**.

Ashwagandha

An adaptogenic herb supporting adrenal function.

Shown to reduce cortisol and anxiety levels.

L-Theanine

An amino acid found in green tea.

Supports GABA, serotonin, and dopamine.

Promotes calm without sedation.

CBD (Cannabidiol)

A non-psychoactive compound from cannabis.

May support **anxiety reduction** in certain individuals.

Supplementation should always be considered alongside lifestyle foundations.

Shown to **reduce cortisol and anxiety levels**.

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Top Mental Health Hacks

Small shifts create powerful change.

- **Journal daily** — even briefly
- Eat whole, **real foods**
- **Reduce sugar** to stabilise mood
- **Prioritise protein** and **healthy fats**
- **Rest** — burnout is not productivity
- Say **no to toxic environments**
- **Change** environments when needed
- Practice **self-compassion**
- Use social media **consciously**
- **Stay connected** — loneliness is dangerous

Mental wellbeing requires intention.

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Conclusion

Mental health is not a luxury.
It is **essential**.

You **support your mind** when you:

- Move your body
- Nourish properly
- Regulate stress
- Protect your environment
- Stay connected

**Longevity is not only about living longer.
It is about living well.**

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