

# Special Issue

## Diet, Lifestyle and Neurobehaviors

### Message from the Guest Editor

The brain is influenced by multiple environmental and behavioral factors, and these can either enhance or detract from mental health and cognitive performance. Research in this area has increasingly highlighted the profound role of diet and lifestyle choices in shaping brain structure and function across the human lifespan. This Special Issue thus explores the critical relationship between diet, lifestyle, and neurobehaviors, such as mental distress, stress, resilience, and motivation, focusing on how factors such as nutrition, exercise, sleep, substance use, and mental well-being contribute to psychological stress, resilience, and emotional regulation. The aim of this **Special Issue** is to foster interdisciplinary discussions and provide evidence-based insights into the ways in which a holistic approach to lifestyle and diet can improve brain health, prevent cognitive decline, and promote mental well-being. We encourage contributions from diverse fields, including neuroscience, psychology, nutrition, and public health, to advance our understanding of how the complex interactions between diet, lifestyle, and brain function shape human health.

### Guest Editor

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### Deadline for manuscript submissions

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## Behavioral Sciences

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### Message from the Editor-in-Chief

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#### Editor-in-Chief

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