




EMOTIONAL HEALTH


EATING BEHAVIOURS

There are lots of reasons why we eat. We like the taste or it's mealtime. It is also normal to eat in response to thoughts and feelings.



Non - physical hunger
<ul style="list-style-type: none">Comes on suddenlyMay not be at meal timesMay not go away after eatingCan be when we are bored, sad, happy or stressedOccasions like birthdays and festivals

Physical hunger
<ul style="list-style-type: none">Goes away after eatingBuilds up before a mealSigns include stomach growling, feeling empty or low energy levels



MINDFUL EATING



Mindful eating helps us to relax and enjoy our meals. Try thinking about the taste, texture, smell and flavour of each mouthful.

Avoid using screens and phones at meal times

Relax
SLOW DOWN

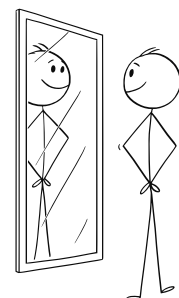
Enjoy your meal with family and friends



Scan or click for more information

BODY IMAGE AND FOOD LANGUAGE

Body image is how we see ourselves. Lots of people lack confidence in the way they look. Scan QR code or click for more information from Hampshire CAMHs.



'Diet talk' can affect the way we think about food. Food isn't 'good' or 'bad'. We should eat a balance of all foods. Scan the QR or click here for more information on diet talk and how to avoid it.

