EMOTIONAL HEALTH

~ Poster ~



- Food and our mood are connected
- Eating well and being active can improve our mood
- Doing the things we love makes us feel good
- Feeling good can help us to eat better



Scan or <u>click</u> to watch a video about food and mood

Eat more fruit, veg and healthy fats



Try mindful eating









Use positive words about food and our bodies



Click or scan for NHS
Youth Mental Health &
wellbeing tips



Eat less processed foods with added sugars

Do activities that you love - some relaxing, some stimulating











Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network. Endorsed by PDSG of BDA.