

# 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 click to watch a video about food and mood

Eat more fruit, veg and healthy fats



Try mindful eating

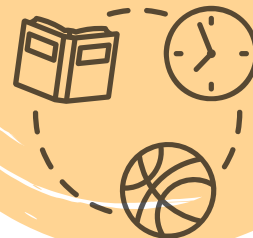


Use positive words about food and our bodies



Click or scan for NHS Youth Mental Health & wellbeing tips

Do activities that you love - some relaxing, some stimulating



Eat less processed foods with added sugars

