



# Emotional Health

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



Scan or click the QR code to watch a video about food and mood

Mindful eating helps us to relax and enjoy our meals



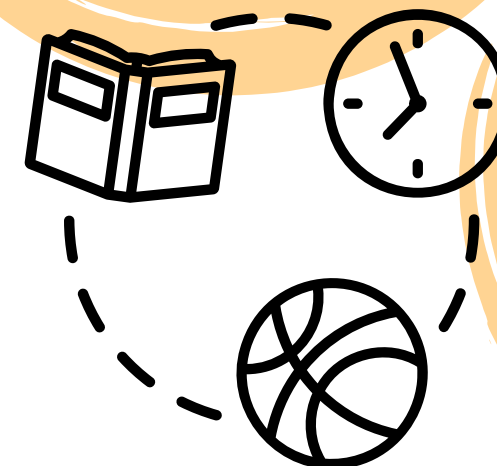
Low energy levels and poor mood are linked to diets high in processed foods and added sugars

Think about how we talk about food and body image... Could we use more positive language?



Click or scan for  
**NHS Youth Mental Health & wellbeing tips**

Fruit, veg and healthy fats can help improve your mood



Try to do activities that you love! some should be relaxing some stimulating



# Emotional Health

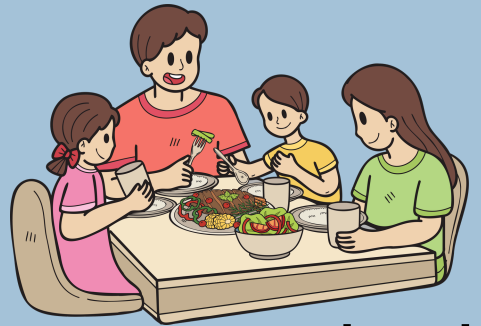
## EATING BEHAVIOURS

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

Non - physical hunger	Physical hunger
<p>Comes on suddenly</p> <p>May not be at meal times</p> <p>May not go away after eating</p> <p>Can be when we are bored, sad, happy or stressed</p> <p>Occasions like birthdays and festivals</p>	<p>Goes away after eating</p> <p>Builds up before a meal</p> <p>Signs include stomach growling, feeling empty or low energy levels</p>



## MINDFUL EATING

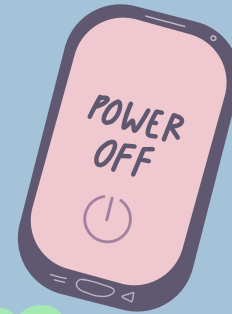


Mindful eating helps us to relax and enjoy our meals

Enjoy each mouthful. Think about the taste, texture, smell and flavour



Enjoy your meal with family and friends



Have less screens and phones at meal times

*Relax SLOW DOWN*



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.





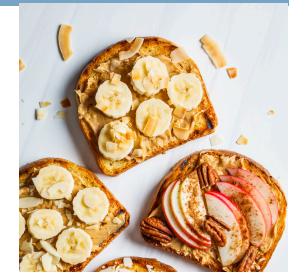
# Emotional Health

## DOES FOOD AFFECT YOUR MOOD?

- Low energy levels and poor mood are linked to diets high in processed foods and added sugars
- Fruit, veg and healthy fats can help. These foods can make you feel happier and have more energy
- They can also improve your concentration and memory

## MEAL IDEAS TO HELP YOUR MOOD

### BREAKFAST



Choose wholegrain bread



Try nut butters or mashed avocado

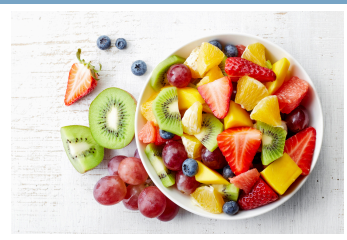


Add nuts, seeds, or diced fruit to cereals

### SNACKS



Peas, beans



Fresh fruit



Greek Yoghurt



Veg sticks and dip



Edamame



Nuts

### LUNCH AND DINNER



Batch cook meals at home



Add beans, lentils or chickpeas to rice



Cook with seed oil. Add olive oil to salads / veg



Try salmon, sardines or mackerel

### DRINKS

Choose water. Try adding mint, slices of citrus fruit, berries or ginger to add flavour.

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## ACTIVITIES CAN IMPROVE OUR MOOD

- Improving what we eat and being active can improve our mood
- Doing the things we love also makes us feel good
- Some activities stimulate us and others are soothing. Try to have some of both!

## SELF CARE

The Anna Freud charity has a list of self care activities. [Click here or scan](#)



[Click or scan](#) for NHS Better health, Youth mental Health, well being tips.

[Try the Mind Plan quiz](#)

