



CAFE TALK  
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# Food and Mood

## What does healthy eating look like for you?

Many of us struggle with depression, anxiety and other mental health symptoms, for some they struggle for many years. Nutritional deficiency doesn't seem to be on our radar of causes related to those symptoms.



When we experience mental health symptoms, many of us stop putting in the time for self-care, and nutrition is part of that.

Healthy eating can promote better concentration, improved mood, and perhaps an overall sense of achievement.

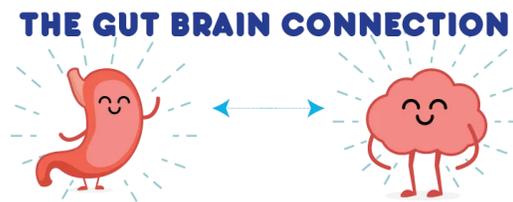
It's important to honour yourself, regardless of your journey to mental wellness, you are worthy of finding your authentic self.

Healthy eating may help bring you closer to this goal.

## How are our eating habits and mental health connected?

When we think "mental wellness" we don't always think about changing the foods we eat. Truth is, there is a strong link between what we eat and how we feel.

Studies confirm similar neurotransmitters found in our gut as those found in our brain, coining the name "second brain".



What we choose to put into our bodies can significantly influence our mind, body and mood.

Do you eat without realizing what you are **actually** putting in your mouth? Do you reach for food when emotions run high? When we do not give ourselves permission to eat mindfully, it may prevent us from eating healthy, this can make it hard to navigate easily towards your mental wellness. Mindful eating can make a real difference to your mind, body, and mood.

## How can we eat more consciously and take better care of our health with the foods we eat?

We often turn to unhealthy foods when we are stressed. So taking part in coping strategies that do not relate to food can be helpful.

There are foods that have a positive impact on our mind, body, and mood. Try to incorporate foods like: colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like yogurt and sauerkraut.

Start small, make changes that are easy to stick to. Swapping an unhealthy snack for a healthy one, like a piece of

fruit can be a great step towards change.

Perfection doesn't exist, so don't look for it. Be kind to yourself, treat yourself.

Explore ways to incorporate your amazing authentic self by choosing foods that represents your values and true self.

If you are serious about improving your mental health, it helps to also work towards improving the way you eat.

