

In this month's newsletter:

Mind Hacks for Healthier Eating

Stress Risk Assessments for Line Managers

Build healthy eating habits with 6 easy mind hacks

Making healthy eating choices is not always easy. In this article we share some tips aimed at improving your self-awareness and supporting you to build positive eating habits.

Practice eating mindfully

Paying attention to what, when, how and why you eat can provide valuable insights into your eating habits and identify negative behaviours. For example, using your senses to notice the taste, smell, appearance and texture of food, and when your body signals it's full or hungry. Practicing [mindful eating](#) can help you make intentional and health-conscious food choices.

Recognise the impact of emotions

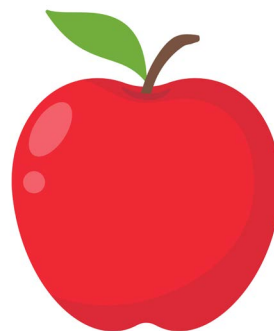
Different [emotions](#) such as stress, boredom or moments of celebration can compel us to eat. Instead of using food as a coping mechanism for emotions, try to develop alternative strategies for managing these feelings. For example, exercise or relaxation techniques can help establish a healthier connection between emotions and food.

Try visualising nutrient-rich meals

Harness the power of [visualisation](#) to plan your meals and influence your food choices in a positive way. Try picturing vibrant, nutrient-rich meals to help create a positive association with healthier foods, making them more appealing.

Embrace the 80/20 rule

Adopting a flexible approach to healthy eating can reduce feelings of deprivation and increase chances of longer-term success. The [80/20](#) rule encourages you to make nutritious choices 80% of the time, allowing indulgences the other 20% of the time. This balanced mindset prevents an 'all-or-nothing' approach, encouraging a positive, sustainable relationship with food.



Create a positive food environment

The environment in which you make food choices can significantly impact your decisions. Try arranging your living and dining spaces to encourage healthy habits - like keeping nutritious snacks readily available, displaying fresh fruits where they are easy to see, and putting any sugary treats away to avoid temptation.

Celebrate small victories

Acknowledge and celebrate small wins on your journey to healthy eating. Whether you've chosen salad over chips for a week or have managed to eat an extra piece of fruit each day, recognising achievements can help motivate you to create longer-lasting habits.

Summary

Healthy eating is about balancing nutrition with pleasure and enjoyment, and eating in ways that optimise your quality of life. By growing self-awareness around your current eating patterns and whether they support your health and wellbeing, you can take charge of your eating choices and improve your overall sense of wellbeing for a more vibrant and fulfilling life.

Further Support

[Harvard Health Publishing](#) - Your brain and food.

[Diabetes UK](#) - Food Psychology.

[Mind](#) - Food and Mental Health.

Reducing workplace stress

A stress risk assessment is an essential part of any plan to reduce workplace stress.

What is a risk assessment?

A stress risk assessment is a proactive way of assessing and identifying factors that can cause work-related stress for employees. The aim is to capture contributing stressors, and to manage and prevent work-related stress, fostering a healthy and supportive work environment. Employers have a [legal duty](#) to protect employees from stress at work by carrying out risk assessments and taking action where necessary, and can be distributed to staff as a survey, used on a one-to-one basis or within a team.

What are the Health and Safety Executive (HSE) Management Standards?

The [HSE Management Standards](#) provides a framework which helps employers to demonstrate good practice, promote active discussion with employees to decide on improvements, and to identify risk factors, key causes of stress and prevention.

Where can I access a stress risk assessment template?

Below are a few examples of templates available online. It's important that you configure your own assessment questions to identify specific risks relating to your place of work and employees.

Template examples:

[Institution of Occupational Safety and Health \(IOSH\)](#)
[HSE](#)

How can occupational health and an employee assistance programme support?

If after completing a stress risk assessment you have concerns about an employee's health, a referral to occupational health (if available) can provide clear, impartial and professional advice. If you have an employee assistance programme (EAP), signposting

staff here is another intervention that can be used for employees to access confidential, professional support from trained counsellors.

Five steps to setting up a risk assessment

- 1) Read the [HSE guidance](#) and familiarise yourself with the [process](#).
- 2) Download a template to use or create your own.
- 3) Define a process for who, when, and how the stress risk assessment will be rolled out, when results are collected, and the frequency of repetition in future.
- 4) Carry out the stress risk assessment.
- 5) Review results, develop an action plan, and arrange a date in future to review progress.

Summary

Conducting a stress risk assessment is a great strategy for assessing levels of stress in your business and taking a preventive and proactive approach to workplace wellbeing. These assessments provide valuable information to pass onto your occupational health provider if you are having challenges with work-related stress and need professional guidance.

Further Support

[HSE](#) - Mental health, and stress and work.

[Acas](#) - Managing and spotting signs of work-related stress.

[NHS](#) - Tips for managing work-related stress.