



## Eat Better to Improve Mental Health

### Keep a food diary

See how different foods affect your mood and stress levels. Record how you feel emotionally and physically after each meal for a week.

### Reduce caffeine

Caffeine encourages the body to release adrenalin and cortisol, which are already heightened during stressful periods.

### Smart swaps

Too much sugar can result in mood highs and lows which can lead to feelings of aggression, anxiety, confusion, depression, fatigue and irritability. Maintain your blood sugar levels by choosing lower sugar snacks and think about how much sugar you add to tea/coffee and cereals.

### Hungry or thirsty?

The same part of your brain is responsible for signalling hunger and thirst, which can be very confusing. Whenever you think you may be hungry, try drinking a glass of water and waiting 15 minutes. If this satisfies you, you were just thirsty. If you still feel your stomach grumbling, you're probably hungry.

### Increase the healthy fats

Including foods high in Omega 3 fatty acids may ease symptoms of depression and boost your moods. Oily fish such as salmon, mackerel or sardines are good choices as well as nuts, seeds and soya-based products.