



Food and Mood

Manage your energy levels

If your blood sugar drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady.

Top up your fluids

Dehydration can make it difficult to concentrate or think clearly. You might also start to feel constipated (which puts no one in a good mood).

Gut health

If you are feeling stressed or anxious your digestive system could slow down or speed up. Try to include plenty of fibre, fluid and exercise to maintain a healthy gut.

Watch your caffeine intake

Caffeine is a stimulant. Too much could exacerbate symptoms associated with anxiety and depression. If you are particularly sensitive to caffeine and worried about its effects on your health perhaps switch to a decaffeinated option.

Protein power

Protein contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings. Males should aim for 55g per day and women 45g per day.