

# FOOD, MOOD & BEHAVIOUR

Exploring the relationship between what we eat, what we think and how we feel



Healthy eating is important for both mental and physical health. What we feed ourselves, both in terms of food and thoughts, has an affect on our state of mind. Our state of mind affects what we choose to do, how we behave and how well we perform in life

A flexible 90-minute, interactive workshop for organisations wishing to improve staff health, weight control and performance

## Aims and Objectives

- To understand how food choices affect emotional and mental health
- To establish the cause-and-effect relationship between food, mood and performance. **Food leads to mood** and **mood leads to food**
- To provide an understanding of foods that boost mood and energy levels
- To recognise the relationship between our 'thoughts' and our responses

## Benefits to Delegates

- Increased energy levels, improved performance and effectiveness
- Self management of mood swings, anxiety and weight control
- Control over emotional and physical wellbeing

## Workshop Outline

- Guidelines for changing what we eat to improve the way we feel, and therefore, the way we behave
- Translating the effect of neurotransmitters and hormones
- The Glycaemic Index and its affect on mood, cravings and weight control
- Understanding our thoughts, our relationship to food and the link to performance management

## Conclusion

This workshop will help staff to understand the effect that their food choices have on their emotional and physical state, their energy levels and their performance. It is beneficial for organisations that value staff health and wellbeing and recognise the cause-and-effect relationship between staff wellness, performance, productivity and profitability

## Scope of Work

This workshop can be run alongside a number of in-house wellness screening appointments for staff. Each one to one appointment is approximately 20-minutes in duration

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