

East Kent

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Food and Mood

Many people are seeking to take control of their moods and mental health using self-help and to find approaches they can use alongside, or even instead of, prescribed medication. One self-help strategy is to make changes to what we eat, and there is a growing interest in how food and nutrition can affect emotional and mental health.

The Mood and Food workshop explains the cause and effect relationship between food and mood. During the workshop you will learn about good nutrition and tips to increase dietary control. The workshop looks at how our diet affects our moods and helps you to identify foods good for mental health.

The workshop promotes the use of cognitive coaching, self-awareness and self-reflection to enable you to take actions that will build up your knowledge of eating for health. Discussion, participation in peer support group activities and exercises will give you the opportunity to explore how to incorporate more healthy food into your daily life to enable you to take small steps to living well.

Email: info@eastkentmind.org.uk or call 0795 060 8827
or book online at: eastkentmind.org.uk