



FOOD & YOUR MOOD

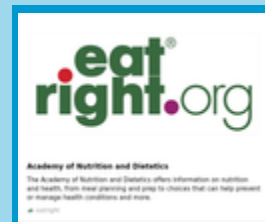
Did you know there's a connection between what you eat and how you feel? The food you eat doesn't just fuel your body, but it also impacts your brain and emotions. Eating fruits, vegetables, whole grains, and healthy fats helps produce the chemicals in your brain that regulate your mood — like serotonin, often called the "feel-good" hormone. On the flip side, diets high in sugar and processed foods can lead to energy crashes and even feelings of sadness or anxiety. Building good eating habits now is not just about physical health but also about staying mentally positive.

Understanding the link between food and mood is crucial because your mental health shapes so much of your daily life — how you perform in school, your relationships, and your ability to manage stress. Learning to make balanced food choices can help you feel more in control of your emotions and give you the energy to thrive, both in and out of the classroom. Start paying attention to how different foods make you feel; you might be surprised by what you learn!



RESOURCES

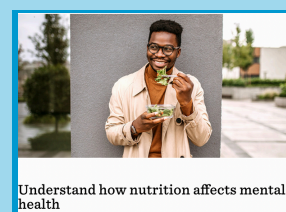
Mental Health and Nutrition



How Diet Affects Mental Health from Harvard Health



Nutritional Psychiatry insights from the American Psychological Association





ACTIVITES:

If you're looking to embrace healthier eating habits, mindfulness could be an easy and impactful first step. It's less about dieting or limiting yourself, and more about pausing to truly savor the experience. Try these five ways to incorporate mindful eating into your day, courtesy of the American Heart Association. You can also use this handy infographic, created by NC State University, to keep in mind each time you eat:



Think about if you are eating due to hunger or emotions.



Appreciate the time, energy, and resources that went in to your meal.

2



Eat Slowly. Chew multiple times and put down your fork in between bites.

3

Practice Mindful Eating with T.A.S.T.E.



End your meal when you feel satisfied, not stuffed. This might not always mean a perfectly clean plate!

5



Take the Time to enjoy the flavors of your meal.

4

NC COOPERATIVE EXTENSION



N. C. Cooperative Extension is an equal opportunity provider.



SUPPORT:



NATIONAL ALLIANCE
for Eating Disorders

1(866) 662-1235
Monday-Friday, 9am-7pm ET

988 SUICIDE & CRISIS
LIFELINE | **GA**

Call, text (988) or chat online **24/7** with trained support. Services available in Spanish and for people who are Deaf and Hard of Hearing via video phone.