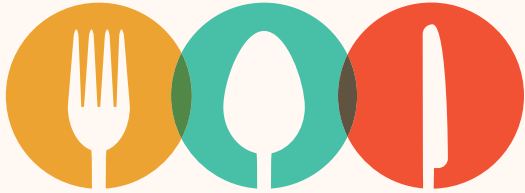


Eat regularly including breakfast, lunch and dinner. If you're too hungry, it activates your brain's smoke detector.



Avoid sugary foods and drinks like sweets, cakes, biscuits, some sugary cereals, and juices with added sugar. Sugary foods and drinks make your brain's smoke detector more active.



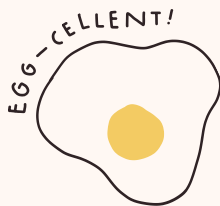
Avoid caffeine (e.g. tea, coffee, and drinks such as cola). Caffeine makes your smoke detector more active and makes it harder to sleep at night.



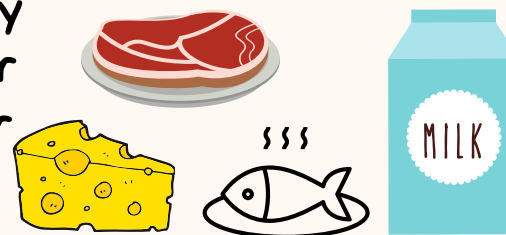
portions of fruit/veg. per day

EAT A HEALTHY & BALANCED DIET

(FOOD & MOOD ARE LINKED)



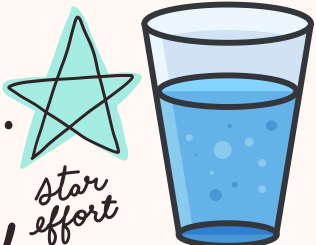
Eat some protein every day. It helps keep your brain's smoke detector more calm.



Don't go to bed feeling hungry. It'll make it harder to sleep well.



Drink 5 - 8 glasses per day. Staying hydrated helps keep your smoke detector in a more calm state.



Avoid junk food. It's not healthy for your brain or body.



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