



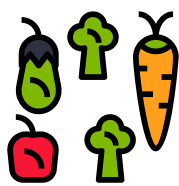
Eat regularly - have breakfast, lunch and dinner. If your blood sugar levels drop, you're more likely to feel stressed, tired or depressed.



Avoid sugary foods and drinks which will cause blood sugar spikes. Slow-release energy foods include: pasta, rice, oats, nuts, wholegrain bread and cereals.

FOOD & MOOD

5 portions of fruit/veg.
per day

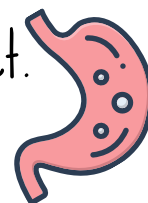


drink
water

Stay hydrated. Aim to drink at least 6-8 glasses of water daily.



There is more and more research about the brain-gut connection, including the gut's role in emotion regulation. Incorporate enough fibre in your diet. Healthy gut foods include fruits, vegetables and wholegrains, beans, pulses, live yoghurt and other probiotics.



Eat some protein every day. Amino acids in protein rich foods improve the function of neurotransmitters in the brain, such as dopamine and serotonin, which play a part in emotion regulation.



Avoid going to bed feeling hungry or feeling too full. Either of these will make it more difficult to sleep well.