Diet and wellbeing

What we eat affects not only our physical health, but our mental health as well. What we put into our bodies can change how we look, think, feel and function.

Could you make any changes to your diet to help improve your wellbeing? Read through the information and answer the questions below to discover whether you can improve your diet and your wellbeing.

Caffeine

Caffeine is in chocolate, coffee, tea, cola and energy drinks. It is a stimulant and can make you feel more alert and energetic. If consumed in the evening, caffeine can cause sleep problems as it can keep you awake. In some people, this increased alertness can actually make them feel anxious. Reducing or avoiding caffeine can help you feel less anxious and get a better night's sleep.
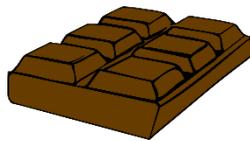
How often do you consume caffeine? _____

How can you reduce your caffeine intake?

_____

_____

_____

What replacement food/drinks could you have instead?

Protein

Protein helps your brain function and regulate your mood. This is because the amino acids found in protein are used by our brains to protect against low mood and feeling angry. Foods high in protein include eggs, fish and meat. You can also find protein in beans, lentils, nuts, peas and seeds.

Which of these foods do you enjoy?

_____

_____

_____

How can you increase your intake of protein?

_____

_____

_____

Write some suggestions for how to include more protein in your breakfast, lunch and dinner

Breakfast	Lunch	Dinner

Alcohol

Many of us drink alcohol to cope with everyday stress. Even though alcohol can help us momentarily relax, in the long term it can make us feel more anxious and depressed. Limiting our alcohol intake can make it easier to deal with stress.

How often do you drink alcohol? _____

How can you reduce the amount of alcohol you drink?

_____

_____

_____

What replacement drinks could you have or stress-relieving activities could you do instead?