

HOW FOOD INFLUENCES YOUR MOOD

What you eat can have a major impact on your mood.



Health Outcomes	Increase	Decrease
ADHD	Protein Healthy Fats Fish Oils	Refined Foods Artificial dyes
Anxiety	Vinegars Bone broths Oatmeal Celery	Sugar Caffeine Alcohol
Depression	Dark Chocolate Black Coffee Fermented Food Spinach	Sugar Alcohol

It is not just what you eat, it is also how you eat it.

- One mindful meaningful meal a day
- Stop and smell
- Savor the flavor
- Full breath in between bites





Take It To The Team

- 5 min of mindfulness
- School specific coping skills list
- Have/ encourage mood boosting snacks at school
- Hydration Station

LET'S CONNECT

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