



Eat Well for Mental Health

# Eat Well for Mental Health

Eating a healthy balanced diet can make a big difference to both physical and mental health. Research shows that people with mental health issues are more likely to have weight problems, and tend to reach for high sugar, high fat foods frequently.

This two day train the trainer course will give your trainers a vast range of knowledge on diet and nutrition for mental health in order to support colleagues and help make your workplace more mentally healthy for everyone.

## Goals

- To train staff as Eat Well for Mental Health Champions' and support mental health at work
- To educate on pertinent information relevant to the current challenges facing staff
- To demonstrate that lifestyle interventions can have a real time impact on the mental and physical wellbeing of staff

### Day One

#### Why Eat Well for Mental Health?

- ❖ The benefits of investing in healthy eating
- ❖ The relationship between nutrition and mood
- ❖ Mental health & wellbeing overview
- ❖ The cost of doing nothing
- ❖ What constitutes a healthy food?
- ❖ Working for a healthier tomorrow

#### Diet & Nutrition ONE: Protein Foods

- ❖ Understand macronutrients
- ❖ Protein food know how
- ❖ 5 protein foods you should eat more often
- ❖ The link between proteins and mood
- ❖ Mental wellbeing and brain flow

#### Diet & Nutrition TWO: Carbohydrates

- ❖ Understanding carbohydrates
- ❖ Sugars and the fat connection
- ❖ Cravings, mood and low energy
- ❖ Label reading
- ❖ Know your sugar numbers
- ❖ How much and when?

### Day Two

#### Diet & Nutrition THREE: Fats

- ❖ Good fats vs bad fats
- ❖ The low down on HDL and LDL fats
- ❖ Fats and mood
- ❖ Quantities and levels
- ❖ Fats and super energy foods
- ❖ Healthy fats for healthy mental wellbeing

#### Vitamins & Minerals

- ❖ The super B vitamins for stress
- ❖ Vitamins to sooth nerves and anxiety
- ❖ Minerals to reduce stress and tension in muscles
- ❖ 5 natural sleep foods
- ❖ A.C.E vitamins for enhanced immunity

#### Being a Active Eat Well Champion

- ❖ Setting up initiatives
- ❖ You and your passion for healthy eating
- ❖ Successful initiatives and the holistic approach
- ❖ Engaging with colleagues
- ❖ Signposting and encouraging staff for change
- ❖ The consistent champion - leading the way

**Course Details: Duration:** 2 days **Time:** 10930-1630

**Location:** Training available In-house or at our training suites in Manchester, London, Edinburgh.

