

Food and Mood



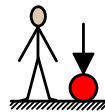
What we eat can affect how we feel.



Drinking lots of water can help us feel healthy and



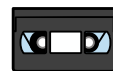
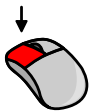
concentrate better.



Eating a balanced diet will help us stay in the green



zone.



Click or scan to watch a video



8 tips to manage your mood with food