

Improve Your Mood with Food

Enjoy a variety of tasty and nutritious foods

- Choose fruits, vegetables, legumes, whole grains, nuts/seeds most often
- ◆ Eat regular meals
 - Eating regularly throughout the day reduces hunger and less healthy food choices
 - ◆ Eat in a positive environment
 - Eating with your family creates a positive environment for making healthier food choices and improves self-esteem
 - ◆ Limit processed foods & caffeinated beverages
 - ◆ Plan and pack healthy lunches and snacks
 - Being prepared makes healthy choices readily available and reduces impulse food choices



Cookspiration App and website

- Healthy meal and snack ideas
- Developed by Dietitians of Canada

...and with your Lifestyle

- ◆ Be physically active
 - Choose activities that are fun and make you feel good and strong
- ◆ Get enough sleep
 - Teenagers require 9 – 10 hours of sleep per night
- ◆ Challenge that critical voice in your head – ***Try some self care tools:***



mindyourmind.ca

Provides direction to a variety of mental health resources
Offers interactive tools such as journaling
Sharing of personal expression such as stories, poetry and art



Daylio

- Track your moods and connect them with what is happening at that moment
- Discover hidden patterns in your habits that affect your mood

Community Resources

For more nutrition and mental health information, check out the resources below.

www.UnlockFood.ca
from Dietitians of Canada

- Information on nutrition, food and healthy eating
- Offers recipes, videos and interactive healthy eating tools

Telehealth Ontario

- Call 1-866-797-0000 toll free
- Speak to a Registered Dietitian regarding any nutrition questions

National Eating Disorder
Information Centre
www.nedic.ca

- Access information and resources on eating disorders
- NEDIC helpline is available Monday to Friday 9:00am-9:00pm at 1-866-633-4220

Grey Bruce Good Food Box
Program

- A monthly fresh produce buying program that anyone can join
- Call 211 or Public Health at 1-800-263-3456 to find a site nearest you

www.wecaregreybruce.ca

- Listing of all local mental health resources

WesforYouthOnline.ca

- Online counselling available 24/7
- Response usually within a few hours

Mental Health Crisis Line
Grey Bruce

- 1-877-470-5200 available 24/7 with easy connection to GBHS crisis team if necessary