

Food and Mood Diary

Little and often; If big meals overwhelm you then little and often may be the answer. When our blood sugars rise and fall quickly it can mimic symptoms of anxiety for example dizziness and feeling shaky. It can also drastically affect our mood. Try to avoid foods with a high sugar content as a quick sugar boost may mean an energy crash later on.

Fact: Breakfast is the most important meal of the day so help your body with a good morning intake.

Remember: 'We are what we eat'. Over consumption of carbohydrates like bread can leave us demotivated and lethargic. Fruit and vegetables are packed with energy sustaining vitamins and minerals.

One more glass: A healthy intake of water helps to keep your brain active, raise energy levels and boost your immune system. Aim for 8 glasses of water a day.

Use the chart below to record what you have eaten and how it made you feel. Use words, pictures, emojis etc to record your mood. 😊

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							