

Why Should I Care About Nutrition for My Mental Health?

The fact is that mental health is an incredibly complex topic that is affected by a myriad of factors. The thing is that a lot of these important factors are not in our control, such as how and where we grew up, our previous trauma, genetics etc. However the science is incredibly clear that the quality of our diet directly impacts our mental health¹.

This is great news because our diet is something that we can control. By taking control of the food that we feed our bodies we can have an enormous positive impact on our mental health¹. In this course you will learn about how our food affects our bodies and brains on the deepest levels, and then learn how to apply this knowledge in simple, easy and practical ways so you can move in an empowered way to support your mental (and physical) health.

As you start this course I want to share with you a great tool that I use with all my clients, in fact many of my clients find this as one of the most valuable things they do with me and it helps them start to figure out things for themselves. This is called the food and mood journal. Studies show that the simple practice of tracking what we eat can lead to much healthier food choices and better health outcomes². Download the PDF below to get started.

My clients find this incredibly valuable as it allows them to directly connect what they're eating with how they're feeling. By the time that they come for a session with me, many of them have already figured out some of the changes they need to make. It's just such a good way to connect with ourselves and our habits and patterns around food that we might not even realise we have. We can learn how foods make us feel physically and emotionally and it can also be helpful to identify where we're encountering trouble, such as an after-lunch energy crash.

References:

1. Jacka, F.N., O'Neil, A., Opie, R. et al. A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). BMC Med 15, 23 (2017). <https://doi.org/10.1186/s12916-017-0791-y>
2. Hollis JF, Gullion CM, Stevens VJ, et al. Weight loss during the intensive intervention phase of the weight-loss maintenance trial. Am J Prev Med. 2008;35(2):118-126. doi:10.1016/j.amepre.2008.04.013