

PULLING OUR WEIGHT TOGETHER

THE LINK BETWEEN MOOD AND FOOD

We often eat when we are not hungry or when we feel upset, stressed or angry. Eating in response to emotions can lead to feelings of guilt, shame, failure and frustration especially when we are trying to lose weight. This in turn can lead to low mood and low self-esteem which can drive us to food again, and so the cycle continues. The cycle can be changed and there are things that can help break that cycle and make us feel good about ourselves.

FIVE WAYS TO WELLBEING

Watch the *'Five Ways to Wellbeing'* video or *'Five steps to mental wellbeing'*



CONNECT.....

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



BE ACTIVE.....

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.



TAKE NOTICE.....

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



KEEP LEARNING.....

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



GIVE.....

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

ACTION FOR YOUNG PEOPLE & ADULTS



Have a look at the *'Life Channel: 5 Ways To Wellbeing (Short Film)'*

Download the Five Ways to Wellbeing app [here](#) to help you set activities and record your progress

The Food and Mood Information Sheet [here](#) has some useful information

Try using a food diary to become aware of how often emotional eating happens, avoid keeping tempting foods at home, ensure regular meals, use distractions and deal with the feelings (rather than keeping feelings inside try to talk to someone or write down how you are feeling in a diary)

Try to be more active and move more. Take a look at the video *'5 ways to get moving and feel better'*

Eat well & reduce sugary drinks. Have a look at *'Change 4 Life'*

ACTION FOR EMPLOYERS

Support employees' wellbeing



Consider joining the Mindful Employers Scheme. Have a look at the information [here](#)

Check out the *'Mindful Employer: Making a Difference'* video

Achieve the Corporate Health Standard, an initiative developed for employers to improve the health of the workforce and their organisation. Information for employers is available [here](#)

Be aware of stress at work and take steps to minimise employees' stress levels.

Promote walking and cycling to work and active break times

Encourage staff to eat & drink healthily



Check out the

'Pulling Our Weight Together. Stand more, be active and move more' Factsheet

'Pulling Our Weight Together. Eat healthy foods and drinks' Factsheet

Try the Wellbeing Self Assessment [here](#)