



Food & Mood Collection

Whether counseling individually or a group, use this Toolkit to guide sessions.

Lead clients towards an improved mood with nutrition and exercise. Help improve outlook through diet and exercise, specifically for healthy mind.

Details

Professional Level for the Toolkit:

- Health Coaches
- Nurses
- Dietitians
- Community Health Workers

Suggested Professional Use:

- For the Toolkit
 - 1:1 Coaching
 - Group counseling & coaching
 - Presentations
- Website access for the Journey

Comprehension Level for the Journey:

- Adult Consumer

Stages

Stage 1

Identifying situations that affect intake and cause mood alterations.

Stage 2

Identify areas for improvement, with emphasis on inflammation.

Stage 3

Dietary guidance and lifestyle choices to improve mood.

Stage 4

Maintaining and taking control through self monitoring techniques.

Toolkit Items

Stage 1

1. Food Addiction
2. Food & Mood: Are they Connected?
3. Managing Stress Hormones
4. Snack Attack: Learning to Curb the Cravings
5. Vitamin D - When to Test?

Stage 2

1. Breaking the Inflammation Cycle
2. Food & Inflammation

Stage 3

1. Understanding Gut Health
2. Exercising For Your Mood

Stage 4

1. Using At-Home Health Test Kits in a Practice

Journey Items

1. Vitamin D: The Sunshine Vitamin
2. Mindful Eating Journal
3. Feeling Better About Your Body
4. MIND Diet: Overview
5. MIND Diet: Foods to Limit
6. Getting Active
7. Using Food For a Better Mood
8. Feel Good Foods
9. Get Active and Exercise
10. Common Exercise Obstacles