

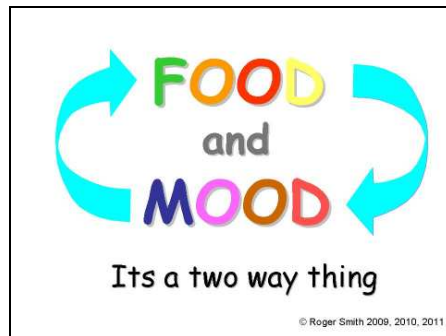
Food & Mood - Training - 9:30am to 4:30pm

Stop Paddling is a training business that helps people
understand mood and overcome mood disorder

Leicester

Tuesday

**11th October
2011**



Grantham

Tuesday

**18th October
2011**

Is this for me?

Food and Mood courses are for everyone. Many of the people who have benefitted so far have been paid and unpaid carers for people with learning difficulties and health problems. Others who have attended are looking to understand anxiety and overcome depression through improved diet.

Everything we eat affects our mood and how we feel affects our diet

Find out more about what causes us to choose the foods we do and which foods are having the greatest affects on our moods.

Outline

We start with the question, "Why do we eat?" This has some surprising answers.

There is the consideration of the ways in which mood influences or perhaps even determines our food and drink choices.

We look at how our food choices can have short term and long term effects on our moods.

Many food groups, such as carbohydrates/sugar, fats/oils, proteins/amino acids are considered in terms of how these can influence mood.

Participants can work in small groups to examine the evidence of other food types affecting mood and share their findings with the whole class.

Your trainer will bring a wide range of food samples for use during workshop activities.

What might be right or wrong with the modern diet is considered. This includes comparison with the types of foods available to our grandparents' generation and the question of, "Is it having more choice that makes food and mood such an important issue today?"

Contact: www.stoppaddling.com/food

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