

Stop Paddling / Bipolar Recovery

Stop Paddling / Bipolar Recovery mission statement:

To understand bipolar and to share this knowledge with:

- people who believe they have the disorder
- those who try to help anyone with the disorder
- the general public



Food & Mood - A full day course is available anywhere in the UK.

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.

This course has benefitted; those who have suffered from depression and insomnia, parents with hyperactive children, people wanting to avoid 'yoyo' dieting, carers for the young and the elderly.

Outline

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

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

How our food choices can have short term and long term effects on our moods is a theme that continues through the course.

Foods are considered in groups, such as carbohydrates/sugar, fats/oils, protein in terms of how these will influence our mood.

Participants work in 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.

Examination of what is right and wrong with the modern diet is considered. This includes comparing some aspects with the types of foods available to and chosen by our grandparents' generation. Is it because we have more choice that makes food and mood such an important issue today?

<http://www.stoppaddling.com/forms/contact-roger.html>

Or phone: 0845 313 6213