**Food and mental health**

A healthy relationship with food fuels your physical, emotional and mental wellbeing. This month, we’re focusing on how to strengthen that connection and on ways to improve overall mental health in adults and young people.

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| **In this month’s engagement toolkit, you’ll find:****Featured articles** on what it means to have good mental health and how to create a healthier relationship with food**Tips** on how to eat and drink more mindfully**Interactive screening tool** for signs and symptoms of eating disorders**Member training course** ‘I’m too busy to eat healthily’**Manager training resources, including the podcast** ‘Leadership supporting peak workplace performance through healthy nutrition’ |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – discover up-to-date content that focuses on a new topic every month. |
|  | **More resources** – get access to additional resources and self-help tools. |
|  | **Content Library** – continued access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think might find the information helpful. |