**Food and mental health**

The connection between food and mental health plays a critical role in wellbeing. This month, explore resources to help foster positive relationships with food and support overall health and wellness. In honour of World Cancer Day, you can also find additional resources on supporting individuals and caregivers navigating cancer.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured articles** on:   * Why no foods are ‘good’ or ‘bad’ and how to embrace an all-foods-fit approach * Understanding the difference between eating disorders and disordered eating * How cancer diagnosis, treatment and recovery can affect your mental health and strategies for coping * Compassionate ways to support a loved one who has been diagnosed with cancer   **Interactive tools and resources** for better understanding the signs of eating disorders  A **quick-hit guide** to understanding healthy versus unhealthy relationships with food  **Member training course** ‘I’m too busy to eat healthily’  **Manager training resources**, including ‘Leaders prioritise families’ |

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

**What to expect each month:**

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|  | **Latest topics** – connect with 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** – ongoing access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think may find the information meaningful. |