

# BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



#littlethings can make a big difference

**Good food is essential to make sure your mind and body work properly. Keep this card by the fruit bowl or in the press to remind you to eat a healthy balanced diet, and feel the difference.**

We all go through tough times. When we do, little things can make a big difference to how we feel.

Keep active

Talk about how you feel

Do things with others

Eat healthily

Stay in touch

Drink less alcohol

Look out for others

Sleep well

Find the little things that work for you.



Foillimneacht na Seirbhíse Sláinte  
Health Service Executive

116 123

SAMARITANS

[yourmentalhealth.ie](https://yourmentalhealth.ie)

#littletings