



Lifestyle as Medicine Programme:

# Eat Well

[www.HAYCambsPboro.co.uk/LAMP/eat](http://www.HAYCambsPboro.co.uk/LAMP/eat)

Research is helping us understand our gut health is key to both physical and mental wellbeing. A study called the SMILES trial was the first to show that improving nutrition could reduce depressive symptoms.



#LAMPLightbulbMoments

## Starting Point

Nutrition is often thought of in terms of our physical health. But the impact of food on our bodies is so much more than physical. Did you know some foods help regenerate brain cells, while others destroy them?



The most important way to start thinking about eating well is kindly! This handout may help.

## Actionable Ideas

What ideas can we try to help us eat well? This link has some suggestions.



We can think about:

- ways to eat well for gut health
- ways to eat well for brain health
- ways to eat well for whole body health
- ways to eat kindly

## Knowledge Library

There are more links you might like to explore on the LAMP webpage.

## Proof

The exciting new field of nutritional psychiatry is taking our understanding of food and its impact on our body to a whole other level. Studies are showing the effect of what we eat on our gut microbiome and the direct links to our mental health.

Meet the experts on the LAMP webpage.

## Relate



Eating well, by not eating too late in the day, can improve our sleep quality



Eating well can allow us to enjoy movement activities more



Eating well, especially eating less ultra processed food, can reduce stress levels



Eating well can be an experience to share with others



Eating well can make unhelpful coping strategies less appealing

## Self-Reflection

What do you notice when you eat well? What helps you eat well?

You might find it helps to keep a note of the things that support you with eating well, so you can refer back any time you need.