Eat Well

If we eat well…

Eating well, particularly trying not to eat a large amount later in the day, can improve the quality of our sleep	Sleep Better
Eating well can allow us to enjoy movement activities more	Move More
Eating well, especially eating less ultra-processed food, can reduce the levels of stress in our body	Reduce Stress
Eating well can be an experience to share with others	Deepen Connection
Eating well can make unhelpful coping strategies less appealing	Minimise Harm

How does eating well relate to the other pillars?

Relate

The other pillars can help us eat well by….

Sleep Better	We may feel more motivated to eat well if we are well rested – it can take energy to make good choices, so a good night's sleep is key
Move More	Moving more may motivate us to fuel well with nutritious food
Reduce Stress	Stress responses in our body and brain can make us crave unhealthy food choices – reducing stress can make it easier to eat well
Deepen Connection	Deepening connection and sharing a meal with others can encourages us to prepare healthy food
Minimise Harm	Minimising unhelpful coping strategies can allow us to find pleasure in eating well

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