

Food and mental health

A healthy relationship with food fuels your physical, emotional and mental wellbeing. This month, we focus on how to strengthen that connection and ways to improve overall mental health for adults and youth.

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 ways to eat and drink more mindfully

Interactive screening tool for eating disorder signs and symptoms

Member training course “I’m too busy to eat healthy”

Manager training resources, including the podcast “Leadership supporting peak workplace performance through healthy nutrition”

[View toolkit](#)

What to expect each month:



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 favorite content.



Support for everyone — Share toolkits with those you think might find the information meaningful.