

Can What You Eat Affect Your Emotional Wellbeing?

Absolutely! We're all well aware of the links between the foods we eat and the physical health of our bodies; too much sugar, fat and highly processed foods put us at increased risk of numerous medical conditions. What you may not be aware of is how what you eat can impact the way you feel.

We've heard it talked about in the reverse, "emotional eating", where the desire to eat is impacted by strong emotions such as stress, grief and despair. Now research is indicating that the food choices we make can influence the way we feel in the days following. This certainly ties in with my own recent experiences.

I'm active and healthy, and generally my diet is pretty well balanced – lots of vegetables and fruits and a minimum of fats, sugar and processed foods. The weekends are always a bit more challenging than during the week, but even then it's usually just one meal in the day that might be a bit more indulgent than usual. Recently though, I had a weekend where pretty much every meal involved fats, sugars and/or highly processed foods. At the time I didn't notice any impacts, but boy Monday was a struggle! Anxiety and stress levels were increased and the smallest things were trying my patience. It was a major battle all day to keep a level head. If it wasn't for the Mind Power techniques I've been practising for years there is a good chance I wouldn't have won that battle.

So what does this mean? Do we have to say goodbye forever to "treat" foods? My thought is no; the key is balance. Your body will cope better with a smaller indulgence on a more regular basis than a big blowout every now and then. It's much like alcohol. If you chose to drink, you're doing much less damage to your body by having smaller amounts more frequently than by occasional binge drinking. Make sure that your diet includes fresh fruit and vegetables everyday and your body and mind will likely be just fine with the odd piece of cake or Eggs Benedict.

