



## SMILERS

**SMILERS is a whole school approach to wellbeing.**

It is a way of helping children understand that they can make choices to help them feel better mentally and help them stay emotionally strong and well.

We use the SMILERS formula to help us develop healthy habits for life and to look after our own wellbeing.

This month's focus is:

**E for Eat Well**

### Eat Well

Eating a balanced diet can affect our mood positively, and help us grow healthy and strong. Have you ever noticed your mood and behaviour change before meal times? Sometimes children's mood can be affected by hunger – sometimes children get angry (we called it Hangry – hungry and angry) Sometimes they become really active when they are hungry, and equally the foods they eat can affect their mood too. Lots of sugars can make you more prone to anger and extreme emotions and activity. Too many carbohydrates can make you sluggish and slow. Having a healthy diet and a regular meal routine is really important. The link between food and mental health is strong. While there is no denying feeling hungry affects attention and focus, research also shows healthy foods and healthy eating supports people having positive mental health. Using food as medicine is a good way of thinking about it. Healthy foods in = Healthy mind out! Why not try it for a week, try to limit sugary food and lots of carbohydrates and eat more fruit, vegetables, pulses, nuts etc. See how you feel at the end of the week.

### SMILERS CHALLENGE

Choose 5 of your favourite unhealthy foods and see if you can make a swap for healthy ones. Even if you only swap 2 in a week, it will still make a difference. REMEMBER: Every change you make is you taking control of your own life, mental health and healthy body.



### Eat Well

The government has had a number of campaigns recently encouraging 'Better Health' and 'Healthier families'. The focus – to help families eat better and move better. We know there is a link between mental health, healthy eating and physical exercise. Why not download the free NHS Food Scanner App to help swap to healthier alternatives.

<https://www.nhs.uk/healthier-families/>