

# DECODING THE FOOD/MOOD CONNECTION

With Monica Reinagel, MS, LDN

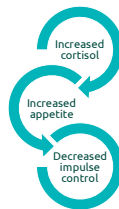
## Decoding the Food Mood Connection



- How our moods affect our food choices
- How our food choices affect our mood
- Some practical strategies to put into action
- Your questions!



## Decoding the Food Mood Connection



Stress Response



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## Decoding the Food Mood Connection



Self-medicating with food?



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## Decoding the Food Mood Connection

### Your Stress (P)recovery Toolkit

- Prioritize sleep
- Move your body
- Get outdoors
- Connect (people or pets)
- Random acts of kindness
- Get silly



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The emotional eating cycle



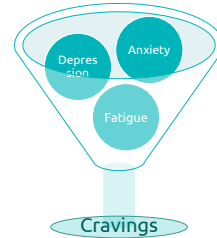
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### What would actually *HELP*?

When you're feeling...	Try this ...
Lonely	Reach out to a friend
Bored	Challenge yourself
Overwhelmed	Ask for help
Anxious	Relaxation techniques
Stressed	Physical activity
Tired	Take a break
Angry	Express it (appropriately)
Uninspired	Seek out inspiration



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#### Foods linked with better mental health:

- Fish
- Veggies, esp. leafy greens
- Fruit, esp. berries
- Dark chocolate
- Beans and legumes
- Fermented foods



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#### KEY TAKEAWAYS

1. Be proactive about stress management (precovery)
2. Figure out what's really eating you
3. Consider coping less
4. Healthy diet  $\leftrightarrow$  Healthy mind



### Additional Resources

#### Stress/Emotional Eating

[Burnout: Unlocking the Stress Cycle](#), by Amelia and Emily Nagoski

[Stop Coping so Well](#) (Change Academy podcast #45)

[Stress vs. Stressor](#) (Change Academy podcast #87)

#### Alcohol Moderation/Abstinence

Apps: Reframe, Sunnyside, Try Dry

[Alcohol Minimalist podcast](#)

[ModerationManagement.org](#)



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