

Diet and Exercise

While we all know that it is important to eat well and exercise, did you know that this may also have an impact on your emotional health?

Research tells us that there is a link between unhealthy dietary patterns and poorer mental health in children and adolescents. Findings consistently show a positive link between healthy diet and better emotional wellbeing. (O'Neil et al., 2014). Because of this, NICE (National Institute for Health and Care Excellence) recommends that children and young people, particularly those with depression, should receive nutritional advice.

The evidence also shows that exercise can help children and adolescents to overcome depression and anxiety and protect them from stress.

For further information on how you can support your child to achieve a balanced diet and increase the amount of exercise they are doing, please have a look at the resources below.

You may also find it helpful to discuss this further with your child's GP or school nurse.

USEFUL LINKS

www.nhs.uk/change4life

www.rcpsych.ac.uk/expertadvice/youthinfo

