

## **Creative writing**

**Creative writing can be an amazing way of expressing the thoughts and feelings you're experiencing. Some people find that it helps them realise how they're feeling about a particular situation if they write it into a story, because they empathise more with the character in the story than with themselves. Or it might feel cathartic to write a poem about what you're going through, rather than feeling the weight of carrying it around inside you.**

## **Avoiding certain foods**

**Eating a balanced diet can help keep our bodies and minds healthy and certain food groups are known to affect your body and mood in specific ways. Refined carbohydrates (simple sugars found in fizzy drinks, fruit juices, jams and syrups) can cause your blood sugar to spike and then crash, causing adverse effects on your mood and energy levels. Proteins, such as tofu, eggs or poultry, can slow the absorption of carbohydrates in your blood and increase dopamine levels, improving your mood. Food which contain Vitamins D, folate and B-12 can also improve mood, and can be found in things like soy-milk, broccoli, oatmeal, oranges and dark leafy greens. There are also good carbs, such as oats, beans, pears, peas and sprouts, and these slow down sugar absorption and increase serotonin, which can decrease mood swings.**

**Of course, everyone is different, and some people have allergies or intolerances, so it's important to be mindful of what works best for you when trying out a new regime. If you suspect you might have an intolerance of some kind, you could try temporarily eliminating potential allergens, such as gluten or dairy, and reintroducing them slowly to see if your symptoms return. There is lots of good advice on maintaining a healthy, balanced diet on the NHS [Eat Well](#) website.**

***Remember, lots of people find managing their diet overwhelming and that it's okay not to be perfect, nobody is.***