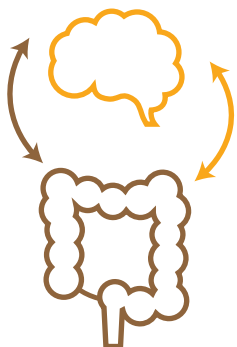


Some things you'll learn about the connections between food and mood...



Hunger or Habit?
How to recognize unhealthy eating behavior



The brain-gut connections, how one affects the other



Sugar, how it affects your mood

Food and Thought is brought to you by GLSS and Phoenix Food Hub.

This work is supported by the Beverly and Addison Gilbert Hospital Community Benefits Community Grant Program and Mass General Brigham.



Phoenix Food Hub

Phone-in hours:

Monday through Friday from 8 a.m. to 3 p.m.


Walk-in hours:

Monday through Thursday from 8 a.m. to 1 p.m.
8 Silsbee Street, Lynn, MA 01901

Phone: **781-599-0110**

Email: **phoenix@glss.net**

www.phoenixfoodhub.org

 The Phoenix Food Hub space is wheelchair accessible through the ramp on the Ellis Street side of the building and can be used by anyone who needs it for all Phoenix Food Hub events and programs.

Events

Phoenix Food Hub welcomes other organizations to host their events in our 1st floor space. For inquiries, please send an email to phoenix@glss.net.

Referrals

If you are a provider and would like to refer someone to Phoenix Food Hub services, please fill out the referral form at <https://phoenixfoodhub.org/For-Providers>

Phoenix Food Hub is funded by: Alfred E. Chase Charity Foundation, Bank of America, N.A., Trustee; Beverly & Addison Gilbert Hospitals; City of Lynn and the U.S. Treasury through ARPA; City of Lynn Community Development Block Grant program funded through the Department of Housing and Urban Development; Commonwealth of Massachusetts; Health Resources in Action; Maine Council on Aging made possible by Hannaford Supermarkets; Mass General Brigham; Point32Health Foundation; U.S. Department of Agriculture; and gifts from private donors.

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FOOD and THOUGHT

A lifestyle approach to improving mood and well-being through healthy eating.



GLSS

Greater Lynn Senior Services

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The **Food and Thought Program** provides education and counseling to help you better understand the good and bad effects of the foods we eat on our mental health.



Eating healthy food can help make us feel better, boost our mood, think more clearly, and focus our attention.

The Food and Thought Program can help you identify foods that may contribute to feelings of anxiety, depression, or irritability — and what actions you can take to improve mood through food!

Food and Thought Services

One-on-One Counseling

Work with a Certified Integrative Mental Health Professional to assess and better understand your specific eating patterns, how they may be helping or harming you, and begin to identify small, manageable changes that can help you feel better.

Food As Medicine Workshops

A four-part series of workshops focusing on the ways in which food can be used to prevent, treat and in some cases cure chronic diseases, including behavioral health concerns, such as depression, anxiety and cognitive changes.

Summer Documentary Film Series

Documentaries showcasing the important role nutrition plays in physical and emotional health outcomes.

Specialized Community-based Trainings

Explorations around the concept of Food As Medicine.

To find out more about the Food and Thought Program, call **781-599-0110** or email **phoenix@glss.net**.

What you'll learn

- Foods that can positively and negatively affect mental health;
- Why it is hard to make dietary changes;
- How to identify and address obstacles;
- How to plan for making personalized changes that last!



A young woman, managing multiple health issues including **anxiety and irritability**, was eager to learn more about what she could do to improve how she feels. She kept a food/mood journal for one week, tracking what she ate and how she felt. Patterns emerged of **skipped meals and not eating enough protein or vegetables**. She was eating a lot of fast food, fried food, and sweets, which can contribute to irritability and anxiety.

Her Food and Thought counselor suggested that she eat breakfast each day (with **protein and low sugar**), not to skip meals, and add **vegetables** to her diet. Over the next two weeks, she cut down on unhealthy food and ate breakfast every day. She reported that she **noticed a difference** in just this short amount of time - *"I noticed I have some energy now, and I'm less moody... it was kind of difficult but then it was okay. It takes time."*