

Nutrition

Mental Health

Eating Disorders



Session Content



- What does nutrition mean?
- What does mental health mean?
- What is an eating disorder (ED)?
- Why is nutrition important?
- Health implications of an ED or poor mental health?
- What can we do to make things better?

If anyone feels uncomfortable at any point about what is being discussed and needs to step out, you can.

Activity: What do we know?



Nutrition Definition:

“The process of providing or obtaining the food/nutrients necessary for health and growth”

Our bodies need a vast mix of vitamins, minerals, fiber and a balance of macronutrients to function, and some foods offer us a higher nutrient density than others.

Mental Health Definition:

'A state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community'. It includes our emotional, psychological and social well-being.

Like physical health, mental health is always changing- it is influenced by lots of factors. Some factors can lead to mental HEALTH, and others to mental ILL HEALTH.



Eating Disorder Definition:

An eating disorder is a mental health condition where control of food or a negative change in eating habits is used to cope with feelings and other situations.

Anyone can get an eating disorder, teenagers between 13 and 17 are mostly affected. With treatment, most people can recover.

Types:

Anorexia

Bulimia

Binge eating

OSFED

ARFID

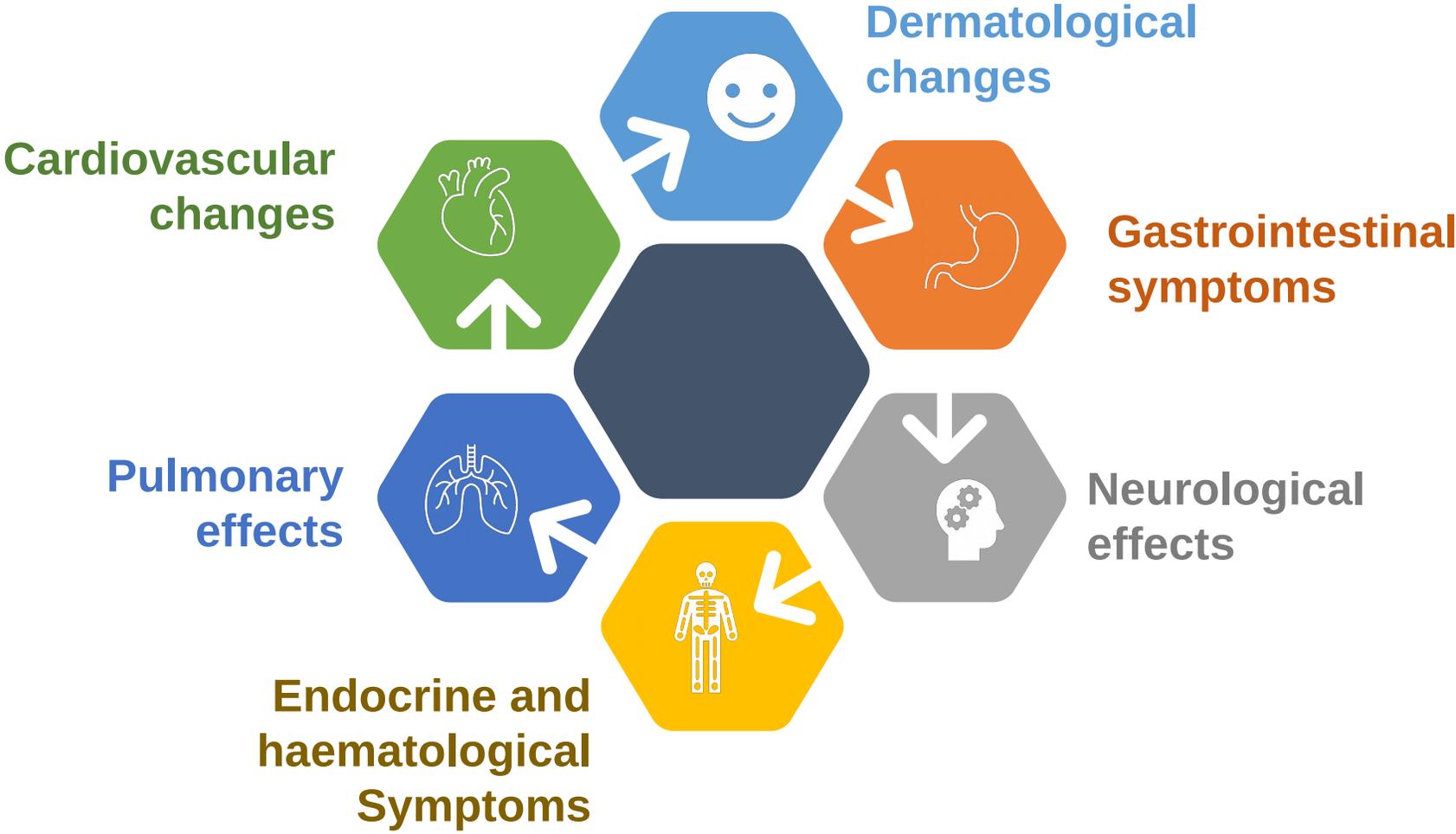
Signs:

Spending a lot of time worrying about food, weight, shape. Avoiding socialising where food is involved. Changes in eating habit, exercising too much, strict food habits, changes in mood. Feeling cold, tired, dizzy, pains, poor circulation, feeling faint, problems with digestion. Delayed signs of puberty.

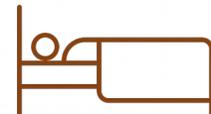
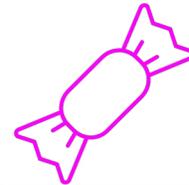
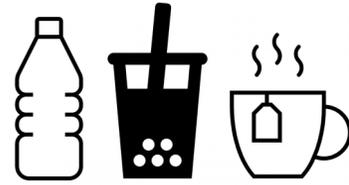
The eating disorder charity [Beat](#) has information on:

- [Beat: what to do if you're worried about a friend or family member](#)
- [Beat: what to do if you're worried about a colleague](#)

Health implications of an ED or poor mental health



How can we make things better?



Four Key Areas of Body Image:

- 1) Perceptual: how you SEE your body.
- 2) Affective: the way you FEEL about your body.
- 3) Cognitive: the way you THINK about your body.
- 4) Behavioural: behaviours as a result of your body image.

(Taryn Brumfitt, Body Image Movement)



Let's flip the focus...



We should be more focused on what our bodies can do, and who we are than our 'shell'. Our body is our unique home and we need to look after it, making sure its as physically and mentally healthy as possible.

What could we value instead?

Being Strong

Mentally or physically.
Being resilient.
Lifting others up.
Motivating others, empowering others.
Being athletic, great at sport.
A good leader/ bring everyone together.

Having great energy

You can make others happy.
Funny.
Positive.
Motivating.
Having a positive attitude.
You physically have lots of energy for things and love being active.
You are passionate and give things 100%.

Clever/ smart

You are intelligent, practically or intellectually.
You are talented at what you do.
You love learning.
Organised.
A good listener.
You can tap into other people's strengths and collaborate.



Creativity

Artistic.
Visual learner.
Great at cooking and baking.
Can see creative solutions to problems.
Thinks outside the box.
Great at singing, acting, playing music.
Seeing the value in difference.

Being a good friend/ person

You are there for people when they need them.
Supportive.
Kind and polite.
Honest.
Generous with time.

Adventurous and independence

You aren't afraid to try new things, pave your own path, speak your mind.
You aren't afraid of new things.
Love adventure, travel, exploring.

Carbohydrates, protein and fats:



We are designed to run off carbohydrates and provides our main energy source. Carbohydrates are the simplest way for the body to get fuel and can be found in the form of sugar, starch or fibre.



20% of the body is made up of protein. Protein is important for strength, immune function, hormone balance, nitrogen balance, metabolic function and to replenish lean body tissue. It is also important if catch-up-growth is needed, or if we are ill, injured or stressed.

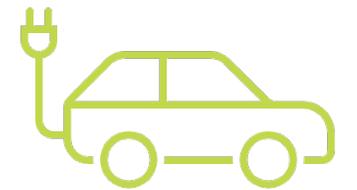


Fat plays a huge role in nutrition. Fat is an ESSENTIAL nutrient. Essential fats reduce the risk of cancer, heart disease, allergies, arthritis, eczema, depression, fatigue, infections and more. Fats are a concentrated source of energy.

Priorities:



Fuel for the work required



A complete or perfect food, giving us all the nutrients that we need to maintain health does not exist. Therefore, we need to eat a variety, and include all the food groups to nourish our bodies and brain.

Personal Story...

Questions?

