

A close-up photograph of a woman with dark curly hair, smiling warmly as she holds a white bowl filled with a fresh salad. The salad includes green lettuce, cherry tomatoes, cucumber slices, and shredded cheese. The background is softly blurred, focusing attention on the woman and her food.

# Foods & Moods Presentation

**Length:** 1hr

**Delivery modes:** Onsite & Virtual Presentation; Pre-recorded tutorials.

**Details:** This one hour presentation explores the relationship between consumption habits and emotions. It shares dietary habits that can help optimize emotional balance.

**Topics include:**

- The link between consumption, gut health and moods
- Diet & Energy – Sugars & Spikes | Diet & Depression | Diet & Stress
- Solutions – Healthy consumption and hydration habits | Mediterranean Diet | Plant-Based Diet
- Good Mood Foods

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*