

## Mood and Food, Myth Busting and Relaxation Practice Worksheet

Thank you for listening to Session 5. We explored the relationship between mood and food, the risks of fad diets, progressive muscular relaxation and self-compassion. Having heard from our experts, how might you put some of the things you learned into action in your own life?

### Mood, Food and Relaxation Practice

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**What impact does my mood have on what I choose to eat and drink?**

**How will I feel when I practise relaxation?**

**What changes will I notice when I am compassionate towards myself?**