

# April 2026

## Food and Mood Challenge

Did you know that the foods you eat can influence your mood and how you feel? You may have heard about the gut-brain connection. Our “gut” contains body organs that are used for digestion of foods and beverages we consume and is very sensitive to our emotions. The brain can react to the signals that your gut puts out related to those emotions. To learn more about how the foods we eat may impact our mood and for examples of supportive foods, please check the handouts .

This month write down a food that you eat and take note of how it makes you feel.

Don't forget to check out the additional handouts to learn more about how food can impact mental health.

Name: \_\_\_\_\_ Department: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Food: _____ Mood: _____	2 Food: _____ Mood: _____	3 Food: _____ Mood: _____	4 Food: _____ Mood: _____
5 Food: _____ Mood: _____	6 Food: _____ Mood: _____	7 Food: _____ Mood: _____	8 Food: _____ Mood: _____	9 Food: _____ Mood: _____	10 Food: _____ Mood: _____	11 Food: _____ Mood: _____
12 Food: _____ Mood: _____	13 Food: _____ Mood: _____	14 Food: _____ Mood: _____	15 Food: _____ Mood: _____	16 Food: _____ Mood: _____	17 Food: _____ Mood: _____	18 Food: _____ Mood: _____
19 Food: _____ Mood: _____	20 Food: _____ Mood: _____	21 Food: _____ Mood: _____	22 Food: _____ Mood: _____	23 Food: _____ Mood: _____	24 Food: _____ Mood: _____	25 Food: _____ Mood: _____
26 Food: _____ Mood: _____	27 Food: _____ Mood: _____	28 Food: _____ Mood: _____	29 Food: _____ Mood: _____	30 Food: _____ Mood: _____		

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **May 8th**.

