

# WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help  
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

**C**ommunicate

**H**ealthySteps to Wellness is your partner

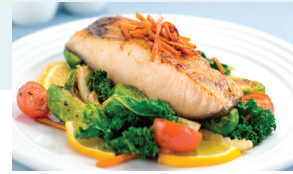
**E**xpert on wellness platform and HealthySteps to Wellness website

**E**nthusiastic about joining forces as a community of Wellness Champions

**R**ole Model to others

# Food and Mood

## The top 5 skills for supporting mood through food



### **SKILL #1**

#### **Balance Blood Sugar with Whole Foods**

Keeping a balanced blood sugar means that we will have less food cravings and whacky moods. Keep yourself nourished with nutrient-dense foods like fruits, vegetables and complex carbohydrates, to maintain a balanced blood sugar throughout the day.

### **SKILL #2**

#### **Pick Brain-Nourishing Foods**

Our brains are like expensive cars, they need premium fuel to function at their best. Be sure to provide your brain with healthy options like dark leafy greens, nuts and dark chocolate to help you perform at your best.

### **SKILL #3**

#### **Practice Mindful Eating**

Eating mindfully means we slow down and appreciate each bite of food. Practicing this not only helps with our digestion but also reduces overeating, stress, and food cravings.

### **SKILL #4**

#### **Prep Keep a Food and Mood Journal**

Tracking how you felt before eating, what you were doing while you were eating and how feel after your meal help you link how your food choices are related to your mental well-being. Actively practicing this activity can help you identify the best foods for you and your brain!

### **SKILL #5**

#### **Use Your Resources**

Stanford Health Care and Stanford Children's Health offer a number of resources focused around healthy eating and nutritious choices. Be sure to check them out on the HealthySteps to Wellness website.

# How to create an action plan for a skill challenge.

*\*From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

## THE ACTION PLAN

- 1. Something that you (or your team) genuinely want to do**
- 2. Achievable**
- 3. Action-specific**
- 4. Answer the questions:**
  - a.** What? (specific action)
  - b.** How much? (time, distance or amount)
  - c.** When? (time of day or which days of the week)
  - d.** How often? (number of days in the week)
- 5. Confidence level of 7 or more**  
on a scale of 1-10 (1 = not at all confident  
10 = extremely confident)

## EXAMPLES

### Mindful Eating

At lunch on Monday, Wednesday and Thursday this week I will practice mindful eating.

My confidence level is a 9.

### Team Potluck Day

For our next team potluck on Tuesday, my colleague and I will prepare a brain-nourishing salad with dark leafy greens, nuts and salmon. We'll share our recipes.

Our confidence level is an 8.

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## TEAM ACTION PLAN FOR A SKILL CHALLENGE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**QUESTIONS?** Contact us at [healthysteps@stanfordhealthcare.org](mailto:healthysteps@stanfordhealthcare.org)