

# Food and mental health

The connection between food and mental health plays a critical role in wellbeing. This month, explore resources to help foster positive relationships with food and support overall health and wellness. In honor of World Cancer Day, find additional resources to support individuals and caregivers navigating cancer.

## In this month's engagement toolkit, you'll find:

### Featured articles on:

- Why no foods are “good” or “bad” and how to embrace an all-foods-fit approach
- Understanding the difference between eating disorders and disordered eating
- How cancer diagnosis, treatment and recovery can affect your mental health and strategies for coping
- Compassionate ways to support a loved one who is diagnosed with cancer

**Interactive tools and resources** to better understand the signs of eating disorders

**Quick-hit guide** to understand healthy versus unhealthy relationships with food

**Member training course** “I’m too busy to eat healthy”

**Manager training resources**, including “Leaders prioritize families”

[View toolkit](#)

## What to expect each month:



**Latest topics** — Connect with up-to-date content that focuses on a new topic every month.



**More resources** — Get access to additional resources and self-help tools.



**Content Library** — Ongoing access to your favorite content.



**Support for everyone** — Share toolkits with those you think might find the information meaningful.