

Welcome to ACCESS Programs Newsletter.
May 2017

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MOOD FOOD

The jury isn't out, they're in – all evidence points to a strong connection between what we eat, how we feel and brain function. In simplistic terms, if we eat better food we will feel better!

This newsletter will be short and sweet. Please see below a link to a podcast by Professor Felice Jacka from the Food and Mood Centre, Deakin University. It is an excellent up to date summary of the evidence around food and our mood.

GOOD = GOOD
FOOD = MOOD

In a nutshell (perhaps a wholemeal edible one):

- Diet matters to mental health and brain health
- Diet operates via gut microbiota and impacts the immune system and the brain
- Fibre and polyphenols (antioxidants that tend to prevent or neutralise the damaging effects of free radicals) are critical to gut health
- Processed foods and high fat diets are toxic to gut health
- We have the power to change our diet – so we can impact our mood and brain function for the better!

[Food and Mood Podcast](#)

[Food and Mood Centre, Deakin University](#)



If you need counselling assistance or other support, the ACCESS EAP is always there for you. Please call ACCESS Programs: 8215 6799 (SA) or 1300 66 77 00 (National).

Konrad Gawlik
Manager, ACCESS Programs

The ACCESS Programs EAP is a confidential service to help employees deal with any work-related or personal issues affecting their lives. We offer a full range of training and consulting services as well.

All ACCESS Programs counselors are fully qualified and experienced Psychologists, Social Workers and Counsellors.

Counselling is free for employees and is also available for family members who are living under the same roof.

Self or management referral or voluntary attendance.

Manager Assistance - support for managers is also available.

Download 'OurEAP' phone app for ACCESS right at your fingertips!

Locations

**Adelaide
45 Wakefield Street**

**Bedford Park
5 Laffer Drive**

**Salisbury
33 Carey Street**

**Noarlunga Centre
Alexander Kelly Drive**

Other Locations

Mount Gambier

Mount Barker

Murray Bridge

Whyalla

Port Pirie

Riverland/Renmark

Walleroo



Kadina



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