



輔導工作室 - 食多D開心D

Counselling Workroom - Food and Mood

近日個個變廚神，除了可以消磨時間外，你有沒有想過有些食物可以增加你的快樂指數和幸福感？

More people enjoy cooking recently. Besides killing time, have you ever thought that some food can actually make you happier?

當我們食得好時... 
Improving your diet may help to



心情好一點

Improve your mood



能量高一點

Give you more energy



頭腦清一點

Help you think more clearly

Fatty Fish 脂肪魚



如三文魚、吞拿魚等, 這類脂肪魚中含有豐富的奧米加3脂肪酸(Omega-3), 可以紓緩抑鬱、焦慮的情緒, 有減壓作用。

Fatty fish, like salmon, tuna, is rich in omega-3 fatty acids which can improve your mood and lower your stress level.

Dark Chocolate

黑朱古力



Flavonoids in cocoa beans help promote blood circulation in the brain which can alleviate depressed mood and enhance memory.

可可豆中的黃酮類(Flavonoids)有助於促進大腦的血液循環, 從而抗抑鬱及增強記憶力。



Fermented Food 發酵食品

如乳酪、芝士、泡菜、味噌等食品，在發酵過程產生的中益生菌會影響腦部的神經傳遞物，可減低「壓力荷爾蒙」皮質醇，改善心情。

During the fermentation process of the fermented foods, such as yogurt, cheese, kimchi, miso, probiotics are produced which can reduce the production of the "stress hormone" Cortisol and improve mood.

Banana
香蕉



香蕉的維生素B6有助合成大腦中的天然抗憂劑，舒緩情緒、改善睡眠。

High in vitamin B6, which helps synthesize “feel-good” neurotransmitters like dopamine and serotonin, to improve the mood and sleep quality.



蠔所含的多種維他命與礦物質，
特別是硒可以調節神經、穩定情緒。

Rich in various vitamins and minerals,
especially selenium, which can
stabilize mood.



Chamomile Tea 洋甘菊茶

幫助睡眠、消除緊張及眼睛
疲勞，並可治療焦慮和緊張
造成的消化不良。

Improve sleep quality, alleviate
stress and eye fatigue, and
indigestion caused by anxiety
and stress.





Kiwi 奇異果



Orange 橙



Strawberry
士多啤梨



含豐富維他命C，
可增強免疫系統
並降低皮質醇。

High in Vitamin C
which boosts the
immune system
and reduces
cortisol level.



Nuts
果仁

含有豐富蛋白質，令身體
製造多巴胺，心情得以放鬆。

Rich in protein which helps
produce dopamine to ease
the pressure.

Dark Green Leafy Vegetables
深綠色葉的菜



當中的鎂有調節血清素作用，幫助緩解情緒。

Magnesium can regulate serotonin production which helps mood regulation.

睇完以上分享，想好下一餐吃什麼了？You are what you eat！讓快樂和幸福填滿你肚子吧！

After reading the above sharing, do you have any ideas about your next meal? You are what you eat! Let the happiness fill your belly!

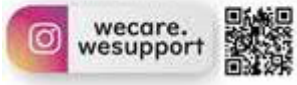
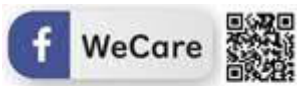
如有需要，歡迎與我們 聯絡！

Contact [us](#) if you are in need.



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