

The Feel-Good CHEMISTRY OF FOOD!



Different foods help our brain create chemicals that affect our mood. **Have you ever felt hangry (hungry + angry) before?** Try bananas, berries, oats, eggs or yogurt for a happier mood!

[#BanishHanger](#)

[#BustaMood](#)



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FOOD ISN'T THE ONLY THING THAT CAN

boost your mood!



Try taking time each day to engage in physical activity.

Here are some ways to have fun and stay active **indoors**:

dance party, jump rope, stretching/yoga,
obstacle course or building a fort.



#GetMoving

#StayCozy



Here are some ways to have fun and stay active **outdoors**:

take a short walk, ride a bike, play a team sport, swim
or play an active game like capture the flag or tag.

#FreshAirFitness

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at HOME.

Try this Recipe that's full of Joy-Boosting foods like berries, bananas, yogurt and oats!

BANANA BERRY YOGURT Smoothie

- 1 Cup Frozen Berries
- 1 Ripe Banana
- 1 Cup Plain Greek Yogurt
- 1/4 Cup Quick Oats
- 1/2 Cup Milk of Choice

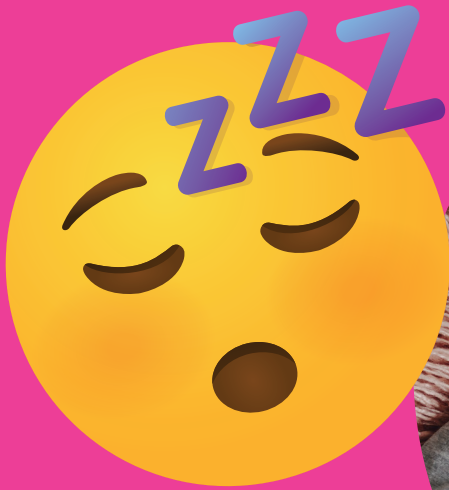
Add ingredients to a blender and blend until smooth. Add more milk if smoothie is too thick.



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Good SLEEP, Good VIBES!



A good night's sleep can help our bodies recharge, leading to a better mood throughout the day. We need at least 8-10 hours every night!

[#SleepWell](#)

[#SnoozeVsScroll](#)

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