How much water are you drinking?

Dehydration affects your ability to think clearly and to concentrate. Drink 6-8 glasses (30 oz) of water or cool water daily to stay hydrated.

Does your brain need oiling?

Brain cells need "oiling" with essential unsaturated fats if they are to communicate properly with each other. If you are not eating enough fish such as mackerel, sardines, herring, salmon or trout three times each week, then a fish, linseed or hemp oil supplement will boost levels of brain-enhancing omega-3 oils.

Can you control your cravings?

Cravings - white, refined, starchy food, sugary snacks, chocolate and other stimulants can bring on a dip in blood sugar levels. This can leave you feeling irritable, unable to concentrate, tired and depressed.

Here are some ways to fight the desire for sweets and snacks that include "brown" wholegrains, oats, beans, nuts and seeds. They release energy more slowly and steadily.

Have you had some protein?

Good mood protein-containing foods can include lean meat, fish, eggs, cheese, legumes, nuts and seeds. These foods contain the building blocks for brain chemicals that influence how you think and feel. Eating proteins also helps control fluctuating blood sugar levels.

Did you check the label?

Becoming a "food detective" can help you avoid unnecessary food additives that can affect how you feel. Many people find they feel better after they avoid three-day-old, yellow (3-F) labelling and products containing such monosodium glutamate (MSG or 621), artificial sweeteners such as sucrose (851) and preservatives such as propyl oxide (280) and BHT (337).