



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter March 2026

How Food Impacts Mood



Author: Dr. Megan Oliverio

“You are what you eat!” - The age old phrase is one that reminds us to be mindful of what we’re consuming, though it is often connected to our physical health. We’ve heard plenty of times that a healthy diet can help reduce the risk of disease, but did you know that research is now finding a link between food and our mood?

Today, the field of nutritional psychiatry is finding that there are many consequences and correlations between what you eat, how you feel, and how you think and behave. Your brain regulates activities you rarely give any thought to—heartbeat, respiration, wakefulness and sleep, and digestion—just to name a few. This means your brain requires a constant supply of fuel. That “fuel” comes from the foods you eat, and what’s in that fuel makes all the difference in how your brain functions.

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Support Groups Now Enrolling

Pre-Teen & Early Teen

Support Group

This developmental period brings rapid physical, emotional, cognitive, and relational changes that can feel confusing or overwhelming for kids and parents alike. The group will offer a supportive, age-appropriate space for participants to build self-awareness, emotional regulation, and peer connection, while normalizing the challenges that come with this stage of growth. Through discussion and interactive activities, the group aims to help tweens and teens to feel more confident and understood during this important transition.



Adult Women's Mood & Seasonal Wellness Group

This support group has been created for adult women seeking connection and encouragement while navigating mood challenges and seasonal depression. With an emphasis on shared understanding, emotional resilience, and self exploration, the group offers a warm and supportive space to understand the impact of seasonal changes, manage stress and low mood, and strengthen overall well-being. Through guided discussion and mutual support, participants are encouraged to build insight, foster self-compassion, and feel less alone during more difficult seasons.

Early 20's Neurodiverse Support Group

This support group has been designed to meet the distinctive needs of individuals with neurodivergent diagnoses in their early 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection, emotional awareness, and the search for identity as an emerging neurodivergent adult, this group provides a safe space to assure self-confidence, create meaningful relationships, and explore one's options in education and career.



Interested in Joining?

Speak with your clinician today or schedule a free Group Therapy Introductory call by clicking the image below!



Click here to schedule **Free Group Therapy Introductory Consultation**



At your scheduled time, our Groups Coordinator will call you to confirm your interest and add you to the waitlist for your selected group.

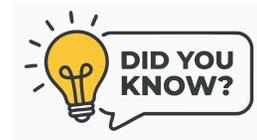


Once we reach the minimum number of members needed to launch the group, we'll notify you right away.

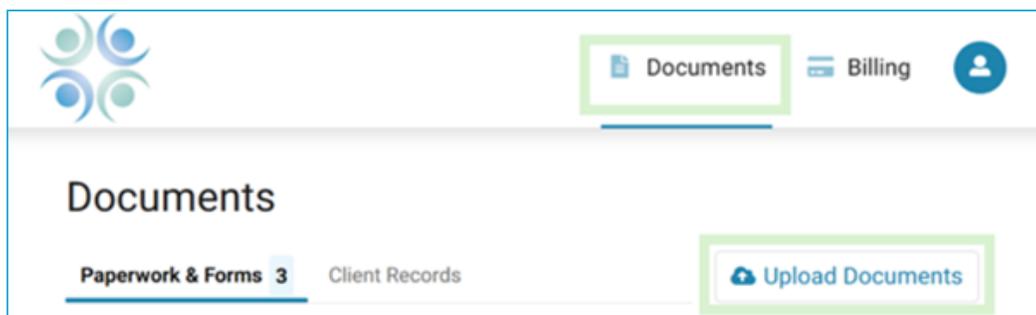
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Client Portal Tip: Uploading Documents

You can now securely upload and share documents with our office through your HIPAA-Compliant Client Portal Account. Here's how:



- Go to the “Documents” tab in your Client Portal Account
- Select “Upload Documents”
- Choose the document(s) you wish to upload
- Click “Upload” - Our office will automatically be notified when documents are uploaded



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Contact Us

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