

NOURISH YOUR NERVOUS SYSTEM

Stress can change appetite, energy, cravings, and routines. Nutrition does not need to be perfect to be supportive.

A GENTLER WAY TO THINK ABOUT FOOD

Add before you subtract. Instead of creating more rules, look for one supportive thing you can add.

Aim for steadier energy. Regular meals or snacks that include carbohydrates, protein, fat, and fiber may help you feel more fueled through the day.

Hydration matters. Stressful days make basic needs easy to miss.

Notice caffeine. If you are already feeling wired, anxious, or sleeping poorly, pay attention to whether caffeine seems to intensify it.

SUPPORTIVE ADD-INS

BREAKFAST	LUNCH	DINNER / SNACKS
Fruit or berries	Leafy greens	Fish / nuts / seeds
Greek yogurt	Beans / lentils	Vegetables
Oats / whole grains	Whole grains	Water or herbal tea

QUICK ACTION - TODAY

Choose one: Add a fruit or vegetable • add a protein source • drink a glass of water • eat something if you have accidentally skipped a meal.

The goal is not a 'perfect' diet. The goal is giving your body something to work with.

ONE SUPPORTIVE THING I CAN ADD TODAY: