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Action KA210-ADU - Small-scale partnerships in adult education



THRIVE50+

Set of materials for the workshop



Title: Nutrition and Stress: Eating for a Calm Mind and Body

Project title:

**Total Health Resources for Improving
Vitality and Endurance 50+**

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+





FACILITATOR GUIDE

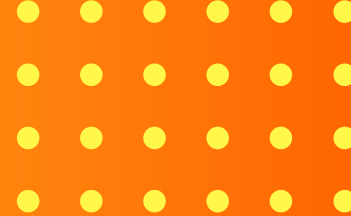


BASIC INFORMATION

Stress is a natural part of life, but chronic stress can affect the body's use of calories and nutrients in various ways. Ongoing, stress can trigger or worsen many serious health problems, including Mental health problems, such as depression, anxiety, and personality disorders. This workshop aims to educate participants on the relationship between stress and nutrients and how one affects the other.



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TARGET GROUP NEEDS

People over 50 often face unique challenges, such as health challenges and sleep deficiency. A balanced diet can play a vital role in managing their stress level and keeping them healthy. Adequate nutrition is very important at this age.



DURATION

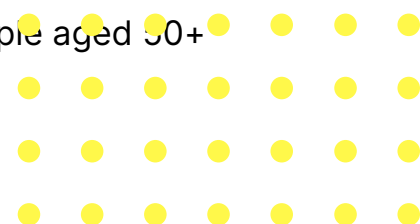
A 2–3-hour duration has been chosen to ensure that participants have sufficient time to learn about the impacts of diet on stress levels and foods that promote relaxation and reduce stress. This length allows for a comprehensive introduction to the topic, practical exercises, and a Q&A session, all while keeping participants engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set at 2-15 to allow for personalized attention and interaction. This size fosters a supportive environment where participants feel comfortable sharing their experiences and can receive individualized feedback.

EDUCATIONAL OBJECTIVES

- Understand how specific food can help reduce stress and promote relaxation
- Understand the relationship between nutrition and stress.
- Learn how certain foods can help manage stress levels.
- Be able to create a simple meal plan incorporating these foods.
- Learn about the nutrients in certain foods that aid in stress reduction.
- Understand how nutrients impact stress, particularly in people aged 50+





TECHNICAL AND EQUIPMENT REQUIREMENTS

- A computer or laptop with Internet access (if the workshop is held online).
- A projector and screen (if the workshop is held indoors).
- A flipchart and markers.
- Notepads (notebooks, pens).

MATERIALS

- Whiteboard or flip chart
- Markers
- Projector and screen for presentations
- Handouts (Food & Stress charts, balanced meal plan templates)
- Sample snacks for demonstration (nuts, dark chocolate, fruits, etc.)
- Water for participants

METHODS AND TECHNIQUES

- Create an Engaging and Supportive Environment
- Use Simple and Clear Explanations
- Use Interactive Discussions and Group Work
- Hands-On Food Demonstrations: Use hands-on activities like food sampling and snack preparation to make the content more engaging.
- Incorporate Visual Aids and handouts: Provide visual aids to simplify the content and ensure participants leave with actionable materials.
- Introduce Relaxation Techniques: Incorporate simple relaxation exercises that participants can use to reduce stress before eating or when feeling overwhelmed.

Group Sharing and Support: Encourage participants to share personal stories, creating a supportive environment where they can learn from each other.



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Curriculum



THRIVE 50+





Activity: Welcome and Introduction (15 minutes)

Objective

- Establish a welcoming environment and introduce the workshop topic

Explanation of activity:

- **Facilitator's Introduction:** Briefly introduce yourself as the facilitator and share a bit about your background and your expertise in nutrition and stress management.
- **Workshop Overview:** Provide an outline of the workshop goals and key topics. Highlight how nutrition plays a role in managing stress and highlight what participants can expect to gain from the workshop.
- **Icebreaker Activity:**
 - Ask participants to share how they typically manage stress and how their diet might change when stressed and equally create a sense of community
 - Encourage openness, but also emphasize that sharing is voluntary to respect individual comfort levels.





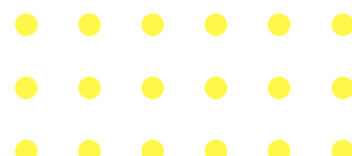
Understanding Stress and Its Impact on the Body (20 minutes)

Objective

- Provide participants with the understanding of stress and the impact on our diet and our bodies.

Explanation of activity:

- **Definition of Stress:** Explain stress, including acute and chronic stress, and how it impacts the mind and body. Use slides to illustrate key points and provide clear definitions. Equally include real-life related examples to make the concept more relatable.
- **Effects of Stress on Nutrition:** Discuss how stress affects eating habits (e.g., emotional eating, sugar cravings, overeating, skipping meals).
- **Interactive Discussion:** Encourage participants to share their personal experiences with stress eating. Write examples on the board.
- Clarify any doubts or questions participants may have about the concept discussed.





Foods that promote relaxation and reduce stress.

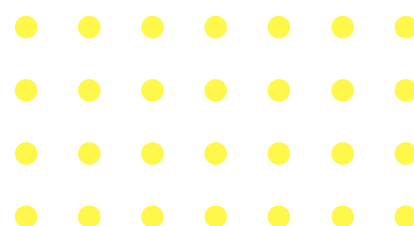
Objective

By the end of this workshop, participants will:

- Understand how specific foods can help reduce stress and promote relaxation.
- Learn about the nutrients in certain foods that aid in stress reduction.
- Be able to create a simple meal plan incorporating these foods.

Explanation of activity:

- **Explain the Stress-Food Relationship:**
- How stress impacts eating habits (e.g., emotional eating, sugar cravings) and how certain foods can trigger more stress (e.g., caffeine, sugary snacks).
- How the right foods can reduce stress and promote a sense of calm.



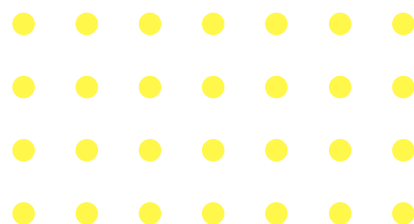


Foods that promote relaxation and reduce stress.

Explanation of activity:

- **Key Nutrients That Reduce Stress:**

- **Magnesium:** Found in leafy greens, nuts, and seeds, magnesium helps calm the nervous system.
- **Omega-3 Fatty Acids:** Present in fatty fish, flaxseeds, and walnuts, Omega-3s reduce inflammation and improve brain function.
- **B Vitamins:** Important for brain health, found in whole grains, eggs, and leafy greens.
- **Tryptophan:** Found in turkey, dairy, and seeds, tryptophan helps increase serotonin, a mood-regulating neurotransmitter.





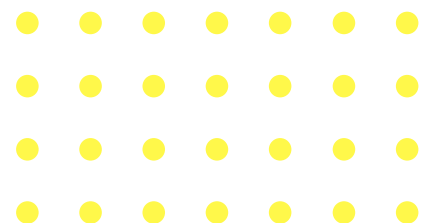
Interactive Activity: Food Sampling (20 minutes)

Objective

- How the right foods can reduce stress and promote a sense of calm
- how certain foods can trigger more stress

Explanation of activity:

- **Stress-Relieving Foods Tasting:** Provide small samples of various stress-relieving foods (e.g., almonds, dark chocolate, berries, chamomile tea). As participants taste the foods, explain their health benefits and how they promote relaxation. **Nuts (e.g., almonds, walnuts):** Rich in magnesium, these nuts help reduce muscle tension and promote relaxation.
- **Dark Chocolate:** Contains antioxidants that can lower stress hormones.
- **Berries:** High in vitamin C, which helps lower cortisol levels.
- **Herbal Teas (e.g., chamomile, peppermint):** Promote relaxation and help calm the mind before sleep.
- **Group Discussion:** Ask participants how they feel when they eat these foods and whether they have noticed any effects on their mood or stress levels.





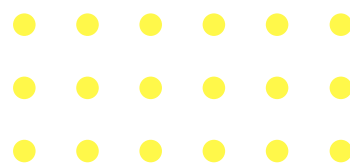
Practical Techniques: Incorporating Stress-Relieving Foods into Daily Meals (35 minutes)

Explanation of activity:

- **Meal Planning Basics:** Teach participants how to incorporate stress-relieving foods into their daily meals.
- **Breakfast Options:** Oatmeal with flaxseeds and berries; yogurt with walnuts and honey.
- **Lunch and Dinner:** Grilled salmon with leafy greens, turkey and avocado sandwich, or lentil soup with vegetables.
- **Snacks:** Almonds, dark chocolate, or fresh fruit.

Interactive Meal Planning Activity: (10 minutes)

- Break participants into small groups and give them a simple meal planning worksheet. Ask each group to create a one-day meal plan that includes at least three stress-relieving foods. After the activity, each group presents their meal plan.
- **Group Discussion:** Invite participants to share how they might change their current eating habits to incorporate these foods into their diet.





Goal Setting and Personal Reflection (10 minutes)

Explanation of activity:

- **Personal Reflection:** Ask participants to take a moment to reflect on their current diet and how stress affects their eating habits.
- **Set a Personal Goal:** Provide each participant with a goal-setting worksheet where they can write down one or two achievable goals (e.g., “I will replace my afternoon coffee with herbal tea” or “I will add leafy greens to my lunch three times a week”).
- **Sharing Goals:** Encourage participants to share their goals with a partner or the group to foster accountability and support.

Q&A and Closing Remarks (10 minutes)

- **Q&A Session:** Open the floor for questions about specific foods, nutrients, or practical strategies for incorporating these foods into daily life.
- **Closing Remarks:** Summarize the key points of the workshop and remind participants that small, gradual changes in their diet can have a significant impact on stress levels.
- **Encouragement:** Offer encouragement and remind participants that the goal is to incorporate these foods regularly for long-term stress management benefits.

