FREE GUIDE | 01

When Stress Shows Up at the Table

A gentle starting point for understanding food, feelings, and what you need.

Food can offer pleasure and comfort. You do not need to feel guilty for enjoying it. This guide invites curiosity, not rules about when you are allowed to eat.

Notice without judging

Stress can change your appetite, your routines, or how much energy you have for meals. Your experience may look different from someone else's.

Look at the whole day

Before judging one eating moment, consider the context: skipped meals, a busy schedule, little rest, a difficult conversation, or a need for connection.

Make room for both

You can need nourishment and emotional support at the same time. Eating and reaching out for care can both be appropriate next steps.

What tends to make eating feel harder for me?

A MOMENT OF REFLECTION



What is happening right now?

Try any prompt that feels useful. You may skip this exercise and eat whenever you need nourishment.

What happened before this moment?

What am I noticing in my body or emotions?

When did I last have a satisfying meal or snack?

What would support me now: food, rest, connection, help, or something else?

A kind response: "This moment gives me information. I can care for myself one step at a time."

YOUR NEXT STEP

Choose one caring action

A small action can be enough for this moment.

If I need nourishment

Choose an available meal or snack you enjoy. Convenience foods and leftovers count. There is no need to make it perfect.

If I need support

Text someone you trust, ask for help with a task, or name what feels difficult. You can do this while also meeting your need for food.

If I need a pause

Sit somewhere comfortable, step away from a task, or notice your surroundings. A pause is optional and does not have to delay eating.

One action I want to try:

Someone I can reach out to:

If eating patterns feel distressing or difficult to manage, consider support from a registered dietitian or licensed mental health professional. If reflection increases guilt or anxiety, set it aside.

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General wellness education, not individualized nutrition treatment or counseling. Adapt ideas to your needs and any care plan you follow.

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