

FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &
Healthy Habits
Can Make You
Feel Better*

Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- **Physical hunger signs:** stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- **Emotional hunger signs:** sudden cravings, eating out of boredom or sadness, not satisfied after eating

Foods that Help You Feel Calmer

Some food helps your body and brain feel calmer and more focused.

- **Complex Carbs** - Oats, Quinoa, Sweet Potatoes, Brown Rice
→ Boost serotonin, your feel-good brain chemical
- **Protein-Rich Snacks** - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame
→ Stabilize blood sugar and mood
- **Omega-3s** - Salmon, Walnuts, Chia Seeds, Flaxseeds
→ Support brain health and reduce anxiety
- **Magnesium-Rich Foods** - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate
→ Relax muscles and calm nerves

- **Probiotic & Fermented Foods** - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha
→ Support your gut, which connects to your mood
- **Herbal Teas** - Chamomile, Peppermint
→ Can help you relax and sleep better

Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.

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Build A Stress-Soothing Menu

