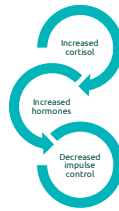


DECODING THE FOOD/MOOD CONNECTION

With Monica Reinagel, MS, LDN

Decoding the Food Mood Connection



Stress Response



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Decoding the Food Mood Connection



Self-medicating with food?



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Decoding the Food Mood Connection

Your Stress (P)recovery Toolkit

- Prioritize sleep
- Move your body
- Get outdoors
- Connect (people or pets)
- Random acts of kindness
- Get silly



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The emotional eating cycle



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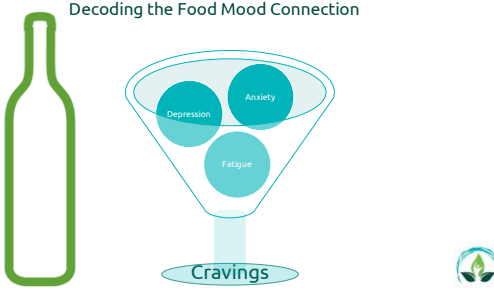
Decoding the Food Mood Connection

What would actually *HELP?*

When you're feeling...	Try this ...
Lonely	Reach out to a friend
Bored	Challenge yourself
Overwhelmed	Ask for help
Anxious	Relaxation techniques
Stressed	Physical activity
Tired	Take a break
Angry	Express it (appropriately)
Uninspired	Seek out inspiration



Decoding the Food Mood Connection




Decoding the Food Mood Connection



Decoding the Food Mood Connection

KEY TAKEAWAYS

1. Be proactive about stress management (precovery)
2. Figure out what's really eating you
3. Consider coping less
4. Healthy diet ← → Healthy mind



Additional Resources

Stress/Emotional Eating

[Burnout: Unlocking the Stress Cycle](#), by Amelia and Emily Nagoski

[Stop Coping so Well](#) (Change Academy podcast #45)

[Stress vs. Stressor](#) (Change Academy podcast #87)

Health Coaching through Key

Alcohol Moderation/Abstinence

Apps: Try Dry, Sunnyside, Reframe

[Alcohol Minimalist podcast](#)

ModerationManagement.org



Additional Resources

Healthy Eating Habits:
Nutrition GPA app

