

Supporting Myself Through Difficult Mealtimes

A difficult meal does not mean you have failed. Planning support before, during and after can make the experience feel more manageable.

What tends to make mealtimes difficult?

What helps before a meal?

What environment feels most supportive?

Would company, distraction or quiet help me?

What could I say to myself during a difficult moment?

What helps after eating?

Who could support me without pressure or judgement?

My gentle mealtime plan is...
