

My Nutrition & Mental Wellbeing Plan

Bring together what you have noticed and create a realistic plan based on nourishment, flexibility and your individual needs.

Foods and meals that work well for me

My sensory needs and preferences

Signs I may not be nourishing myself enough

Things that make eating more difficult

Things that make eating easier

My easiest options for difficult days

People or professionals who can support me

One routine that supports my wellbeing

Something I want to remember about food and self-care...

My next gentle step is...