

Making Nourishment Easier

When executive functioning, stress, low mood or overwhelm are present, reducing the number of steps can make eating more achievable.

Which part is hardest: deciding, shopping, preparing, eating or clearing up?

What could I simplify?

What could I prepare ahead?

What foods require very few steps?

Could visual reminders or routines help?

Could another person support me?

What would a 'good enough' meal look like on a difficult day?

One barrier I can reduce is...
