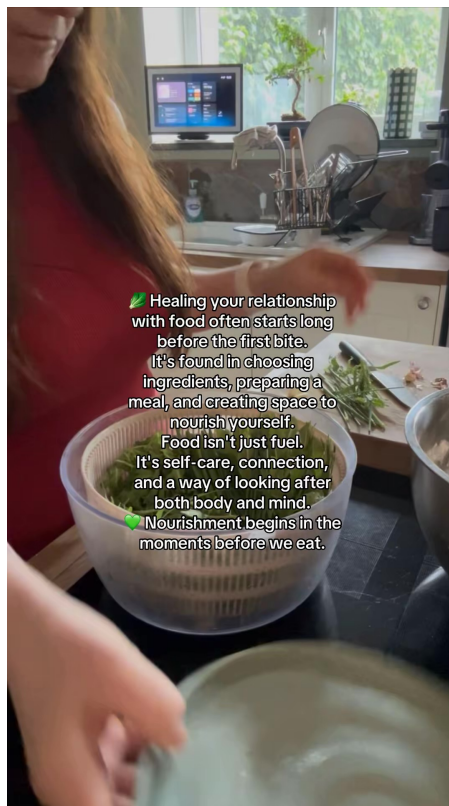


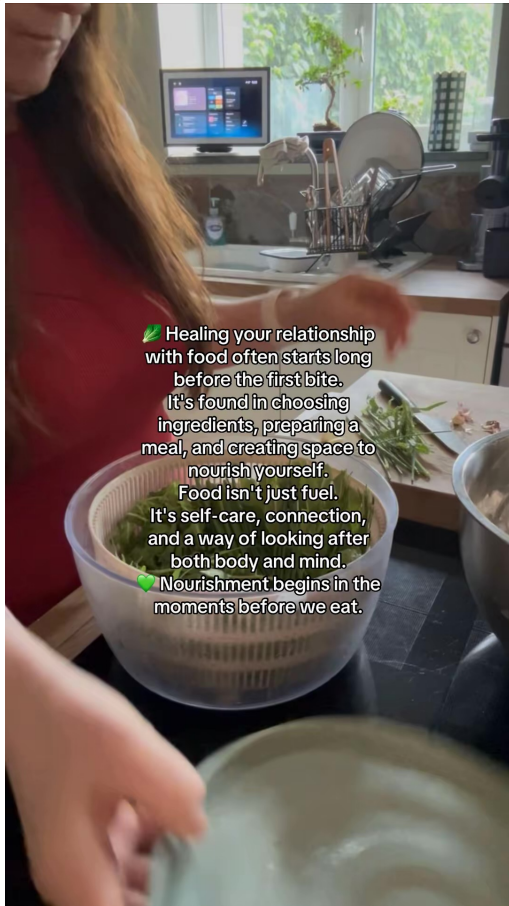
# Healing My Relationship With Food



A gentle workbook for nourishment and self-care

**REFLECT | NOTICE | SUPPORT | NOURISH**

# Nourishment Begins Before We Eat



Choosing, preparing and making space for food can all be meaningful parts of care. The goal is not to create another rule. It is to notice what helps your body and mind feel safer around food.

## Reflect

What helps food preparation feel calmer or more manageable?

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## Reflect

Which parts of choosing or preparing food bring comfort, connection or pride?

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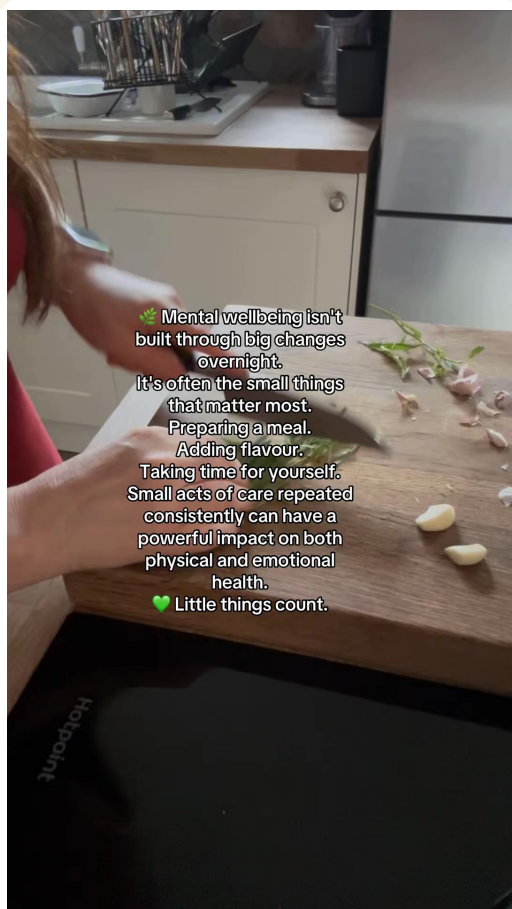
## Reflect

What is one small way I could create more space for nourishment this week?

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# Little Things Count



Mental wellbeing is rarely transformed by one perfect decision. Small, repeatable acts - washing something, adding flavour, using a familiar bowl or asking for help - can matter deeply.

## Reflect

Which small food-related actions already support me?

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## Reflect

What makes preparing or eating food harder on difficult days?

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## Reflect

Choose one tiny act of care that feels realistic, not demanding.

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# Progress Over Perfection



Food does not need to look perfect, be homemade or meet somebody else's standard to count. You do not have to earn food or justify eating. Access, safety, familiarity and enough nourishment all matter.

## Reflect

Which food rules or expectations create guilt or pressure for me?

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## Reflect

What would a kinder and more realistic standard sound like?

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## Reflect

Write a permission statement you need to hear before eating.

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# My Gentle Nourishment Plan

This plan is for support, not perfection. Choose only what feels relevant and achievable.

## Foods that currently feel safe or manageable

Include snacks, drinks, simple meals, takeaway or prepared foods.

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## Things that make eating easier

Think about people, places, routines, textures, temperature, sound and presentation.

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## Signs I may need more support

Notice changes in energy, mood, concentration, dizziness, avoidance or distress.

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## People or services I can contact

Name trusted people and any professional support available to you.

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# A Kinder Way Forward

Healing a relationship with food is rarely linear. Some days may feel easier; others may need more support, familiarity and rest. All food that helps you eat safely and adequately has value.

- **I deserve to eat without earning it.**
- **A manageable choice is still a valid choice.**
- **My needs do not have to look like anyone else's.**
- **Small acts of nourishment count.**
- **Progress matters more than perfection.**

**The message I want to carry forward:**

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This workbook is educational and reflective. It is not a substitute for personalised medical, dietetic or mental health care. Seek professional help if eating is causing significant distress or risk.