

MIND • BODY • FOOD

Make Food Easier on Low-Energy Days

Convenience foods are still food and accessible nourishment counts

Low-energy days reduce the physical and mental capacity available for planning, shopping, preparing and clearing away food. Keeping a small list of low-effort options can make nourishment more accessible before exhaustion turns every step into a barrier.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- Food preparation involves many hidden tasks, including deciding, gathering, cooking and cleaning.
- Frozen, ready-made, tinned, pre-chopped and simply assembled foods can remove several steps.
- Planning three dependable options reduces decisions when capacity is low.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Think of three foods or meals that require very little effort.
- 2 Check that they are accessible, tolerated and realistic for your storage and budget.
- 3 Keep key items visible or add them to a repeat shopping list.
- 4 Include an option for days when heating or assembling food is also too much.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

Low-effort option one

Low-effort option two

Low-effort option three

What I need to keep stocked

My no-cooking backup

Support I could ask for

A supportive reminder

Convenience is a valid accessibility tool. Nourishment does not become less worthwhile because somebody else prepared it or because it came frozen, tinned, packaged or ready to eat.