

A LETTER FOR YOU

A Letter for When Stress Makes Eating Hard

Dear you,

When stress is high, eating can become difficult. Appetite, routines, choosing food or preparing something may all feel different. If you are struggling, you may be blaming yourself or hearing that you should simply try harder. Your difficulty deserves care, not judgement.

You do not have to solve everything in one meal. If it feels possible, make one part easier: choose something familiar, find a calmer place, or ask someone to sit with you. These are options, not rules. Take what helps and leave what does not.

You could tell someone you trust, "Stress is making it hard for me to eat. Could you stay with me or help me find support?" You do not have to explain it perfectly to deserve help.

If you are worried about your health or are struggling to eat or drink enough, please contact a healthcare professional for individual support. You deserve help with the stress and with eating.

With care,