My Nourishment & Mental Wellbeing

Notice how food, energy and emotions may interact in your daily life.

Things I sometimes notice

- [ ] My energy changes during the day
- [ ] Stress affects my appetite
- [ ] Eating feels easier with a routine
- [ ] My concentration changes when I need food
- [ ] Food preparation can feel overwhelming
- [ ] Sensory needs affect what I can manage
- [ ] My mood influences my food choices
- [ ] I sometimes miss or delay meals

What patterns have I noticed between eating and how I feel?

What helps me feel supported around food?

A gentle reminder

There is no single right way to experience food or wellbeing.

My Body & Mind Signals

Recognise the signals that may help you understand your needs.

Signals I might experience

- [ ] Hunger or changes in appetite
- [ ] Feeling full or uncomfortable
- [ ] Low energy or tiredness
- [ ] Difficulty concentrating
- [ ] Stress or overwhelm
- [ ] Sensory discomfort
- [ ] Changes in mood
- [ ] Difficulty noticing body signals

Which signals are easiest for me to notice?

What could help when my signals are unclear?

Body signals vary

You can use reminders or other supports if internal cues are difficult to notice.

My Nourishment Priorities

Choose what feels important, realistic and supportive for you.

Comfort

Foods and environments that feel manageable

Accessibility

Options that fit my energy, time and resources

Consistency

Gentle routines or reminders that might help

Flexibility

Adjustments for days when circumstances change

My priorities can change

It is okay to adapt your approach as your needs change.

My Support & Routine Toolkit

Consider practical adjustments that could make nourishment easier.

Support ideas I might want to try

- [ ] Familiar options

  Keep manageable foods available when possible

- [ ] Preparation

  Use shortcuts, ready-made items or batch portions

- [ ] Reminders

  Try phone prompts, visual cues or gentle routines

- [ ] Environment

  Adjust noise, seating, lighting or utensils

- [ ] People

  Ask for practical help with shopping or meals

Which ideas might be helpful for me?

Choose what fits

Use, adapt or ignore suggestions according to your needs.

My Personal Wellbeing Plan

Bring together what you have learned into a flexible personal reference.

You can write in these spaces or print the workbook.

My nourishment needs

What helps me eat comfortably

My body and mind signals

What I notice in myself

Foods and routines that support me

Familiar options and helpful patterns

Challenges I may experience

Things that can make eating harder

Helpful adjustments and support

Practical strategies or people who can help

My next small steps

One manageable change I might try

A gentle reminder

This plan can change as your needs, energy and circumstances change.