

# LIFESTYLE MASTERY #1 TIP SHEET

# EAT

## Remind me, why is nutrition important?

Nutrition means your body is getting all the nutrients, vitamins and minerals it needs to work its best. In order to be able to function at our best, we need to start with the basics. If our 'basics' are stable and running well, we are able to cope more effectively through the stressful moments in our lives (and be more resilient!).

## TIPS FOR NUTRITION

### Eat most

- Fruit
- Vegetables
- Whole grains
- Fatty fish (such as salmon, mackerel and tuna)
- Lean meats

### Why?

These foods help regulate cortisol (our stress hormone) and thus mitigate its short-term and long-term health impacts; promote a calm and relaxed manner; provide clarity of thinking; strengthens our immunity; and facilitates high sleep quality.

### Eat least

- Sugary foods
- Caffeine
- Alcohol
- "Fast foods"

### Why?

These foods are related to mood swings, experiencing energy highs and lows, poor concentration, irritability and restlessness.

"Are you saying that in order to be resilient, I can ONLY eat certain foods and HAVE to avoid others?"

Not at all! This section is to help raise awareness of what foods may help regulate or deregulate our bodies, which can have a direct link to our resilience. What you decide to eat is your choice!

## But I'm having trouble sticking to eating the nutritious foods! Help!

Here are some tips to help with common eating problems that you may encounter

### The food no longer tastes good

Sometimes we need to change things up! Try out new recipes or adding different spices and herbs to a recipe you like. Don't be afraid to try out something new!

### Eating alone

We can fall into bad habits when we're alone but be more conscious about what we eat when we're around others. This is not to name and shame, but to increase our awareness around what we eat. Try dining out with family, friends or even neighbours! Not only can this enhance your experiences of food, but it can improve social relationships and support positive ones.

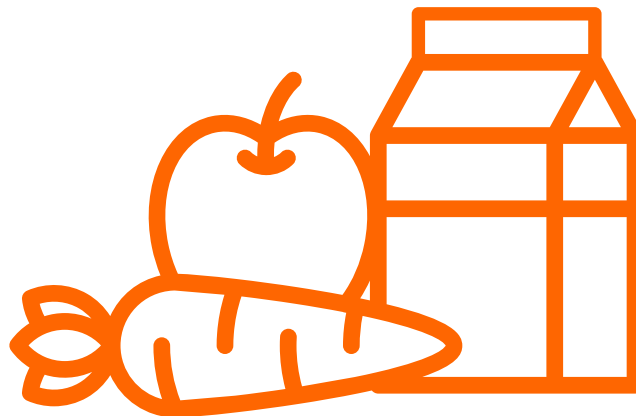
## Difficulty shopping or cooking

When life gets hectic, it can be difficult to keep up with nutrition. Some helpful things to do can be; to keep your pantry well stocked with foods ready to cook; making the most of your freezer and fridge (keeping it stocked with handy foods); look into meal suggestions or “one-pot”, “slow-cooker” and “pressure-cooker” dishes, and save time by making extra portions so that you can have dinner AND lunch ready for the next day!

## *Does this mean I can't have some of my favourite treats anymore?*

### **Not at all!**

It would be impossible for someone to only eat a certain range of foods for the rest of their lives. Of course, it is healthy to treat yourself every now and again, however, the key is to be mindful about what we're eating and why. Consider if it will help or hurt your bottom-line wellbeing. Treating yourself means treating yourself well, not with foods or overindulging that leaves you feeling guilty.



If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.