

EATING WELL— IT'S NOT JUST ABOUT FOOD

WHOLE-PERSON HEALTH STARTS AT THE TABLE

Nutrition doesn't stop at nutrients. The way we interact with food—emotionally, socially, culturally—also impacts pain and healing. Eating habits are powerful wellness tools.

MINDFUL EATING PRACTICES

- Sit down for meals (even if it's just a snack)
- Put away screens to focus on your meal
- Savor the taste, texture, and smell of each bite
- Pause halfway through meals to assess fullness

EMOTIONAL EATING AWARENESS

- Ask: Am I truly hungry or emotionally triggered?
- Try journaling, breathing, walking, or calling a friend
- Build a list of non-food comforts (music, crafts, baths)

ENVIRONMENT & ROUTINE TIPS

- Schedule a weekly meal-prep session
- Keep go-to healthy snacks ready (fruit, trail mix, hummus)
- Create a calm space to eat—light a candle, put on music
- Involve family or roommates in healthy eating

HYDRATION = HEALING

- Dehydration can worsen pain, fatigue, and cognitive fog
- Aim for at least 8 cups of water daily
- Infuse water with lemon, cucumber, mint, or berries
- Eat hydrating foods (cucumber, oranges, melon, soups)

