

5 Simple Eating Shifts for Daily Self-Care!

1. Start and end your day with something warm water.
(Gently wakes the body and soothes your nervous system.)
2. Slow down when you eat. Taste every bite.
(You may feel fuller, calmer, and food becomes a pleasure, not a task.)
3. Add more colors to your plate, nature's palette heals.
(More color often brings more nutrients, more energy, and more joy in every bite.)
4. Listen to your body's hunger, not the clock.
(Tuning in builds trust with what your body truly needs, not just what time says.)
5. Simplify your evening meals. A few whole ingredients are often enough.
(It eases digestion, supports restful sleep)

Simple
Self-Care
Shifts for
a Calmer,
Healthier
You.