



# NOURISHMENT

## Cook for yourself with love

Spend an evening slowly simmering a nourishing dish on the stove. Tune into all 5 senses to bring in mindfulness and enjoy the process of transforming the ingredients into a meal. Try soup, bread, or your favorite recipe from childhood.

## Gift yourself a day of eating without delay when you feel hungry.

Prep ahead with meals and snacks at the ready!

## Spend a chunk of time sitting comfortably with a warm beverage and a good book.

## Pack in nutrients

Prepare a meal with as many nutrients as possible: Think colors, fiber, protein, fats, spices, herbs, and textures.

## Meal plan with self-care in mind

Care for your future self by removing a stressor and setting your week up for nourishment