

Nutrition, Mental Health, and Coronavirus Eating Strategies to Help You Deal with Pandemic Anxiety and Stress

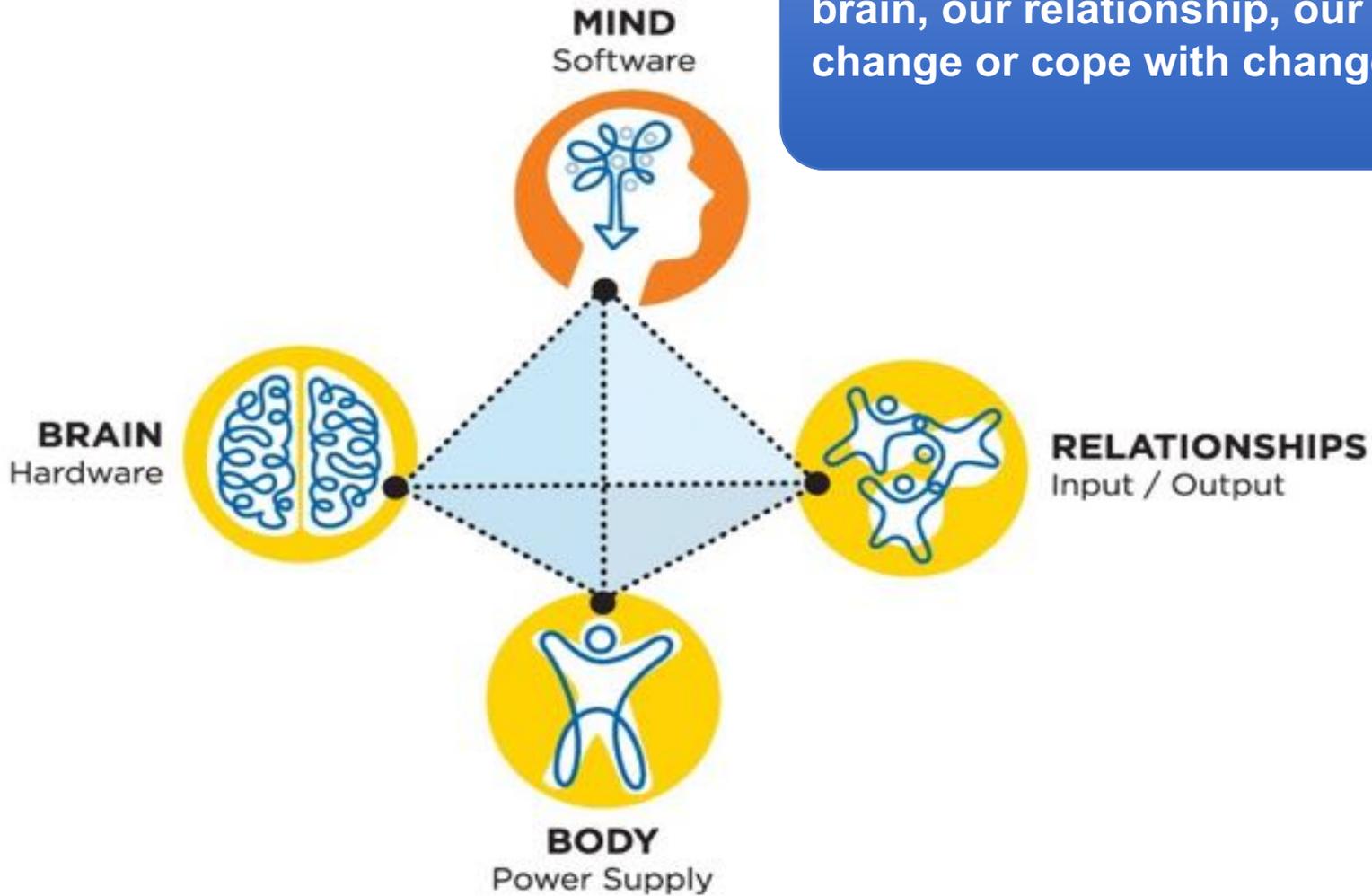
Dr. Kristen Allott, ND, L.Ac.
Naturopathic Physician and
Acupuncturist
Tacoma, WA
KristenAllott.com
ProteinforAll.org



Goals For Today

- Review behaviors that support mental health and the immune system
- Discuss food strategies that will help reduce anxiety and fatigue
- Discuss opportunities and boundaries for having a virtual relationship
- Creating food as a form of self care, personal development, skill development for healing from trauma, depression, anxiety, and other mental health concerns.

The body is the power supply for our brain, our relationship, our ability to change or cope with change.

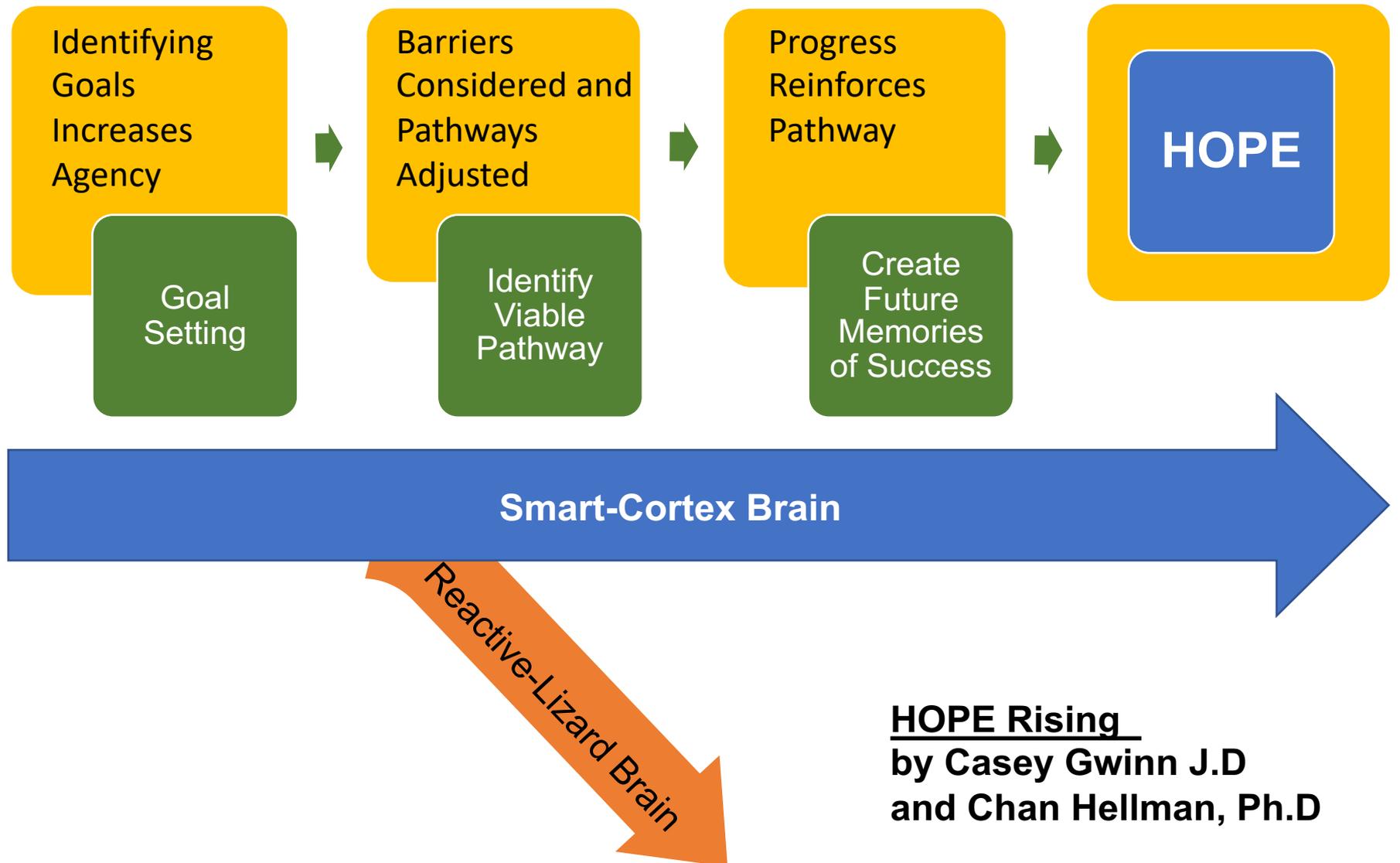


Highway of Success

- Smart-responsive-cortex yet “slow” brain
- Lizard-reactive-limbic “fast” brain



Hope = Willpower + Waypower



HOPE Rising
by Casey Gwinn J.D
and Chan Hellman, Ph.D

What is your power supply?

**3 - FATIGUE ONLY
THE BASICS**

**5 - TIRED GET THE
ESSENTIALS DONE**

**7 - GOOD ENERGY I CAN HANDLE
WHATEVER COME AND NEED
REST AT THE END OF THE DAY**

**1 - EXHAUSTION NOT
GETTING OUT OF BED**



**10 - GREAT ENERGY I CAN HAVE A
CHALLENGING DAY AND ENERGY
TO ENJOY THE EVENING**



What do we
already know?

Triz

How can we reliably create mental health problem when a person is snowed in?





What supports
mental health and
the immune
system?

What Supports Mental Health and the Immune System?



Have a schedule



Have purpose - what do you want, or what does your client want to have when the pause is over?



Sleep 8-hour: same time to sleep, same time wake up



Movement: minimum of 10 minutes per day



Be outdoors: sunlight and fresh air



Food: a protein with carbs, fiber, and fat every 4 hours



Connect with friends: help you clients to learn to be online, Have online parties through Zoom

Have a Schedule on a Piece of Paper

- Protein with Breakfast, Lunch, Dinner
- Morning snack
- Afternoon snack
- Do work project for 1 hour
- Do other work project for 2 hours
- Walk outside for 10 minutes with dog
- Start meal in slow cooker
- Call Mom and Dad
- Turn off Screens at 8 pm



What can you Hope for?

1. What do you want to have at the end of this the Great Pause?
2. Do you personally want do it or is it a “should”?
3. Are you in direct control of it happening?
4. Do have the resources to do it?
5. What support do you need to make it happen?
6. How will you mark the you put effort towards this goal?



How do you mark the effort
that accumulates into change?



Why this helps the brain, body and immune system?

Gaba is an important neurotransmitter:

- Regulates neurological system
- Modifies the immune system

Gaba can become deficient or dysregulated with:

- Hypoglycemia
- Lack of schedule and lack of sleep
- Over consumption of sugar or alcohol
- Lack of movement
- Stress

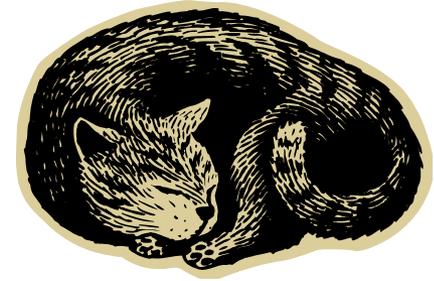
Amount of sleep by age

Age	Hours Of Sleep
0 - 3 months	14 - 17
4 - 11 months	12 - 15
1 - 2 years	11 - 14
3 - 5 years	10 - 13
6 - 13 years	9 - 11
14-17 years	8 - 10
18-older years	7 - 9
Adults	7 - 9

SleepFoundation.org



Sleep is Vital



Lack of sleep causes:

- Decrease in physical and mental repair and recovery
- Increases weight gain
- Increases inflammation and pain
- Impaired immune-endocrine system which increase frequency of viral, bacterial and parasitic infections
- Increased: fatigue, depression and anxiety
- Increases chronic disease and shortens life

Sleep Deprivation (< 6.5 hours of sleep per night)



- Decrease in hippocampus and frontal lobe
- Cognitive deficits: memory problems, sustained attention, attention span, alertness
- Feel less connect to others and others less connected to you
- Decreases associative problem-solving
- **When you don't sleep enough, your cognitive abilities declines and you aren't aware of it**

Questions Ask about Sleep

- Are you waking refreshed?
- Do you have problems going to asleep?
- Do you have problems staying asleep?
- Do you sleep in a room that is quiet and dark?
- Do you watch screens in your from bed?

PESI.com



CATHERINE DARLEY, ND

- Naturally improve sleep in clients without the use of addictive medication
- Identify sleep disorders and differentiate them from mental health symptoms
- Improve sleep for clients of all ages – from kids to adults
- Snap clients out of sleep-depriving habits with behavior changing exercises



Movement

Exercise: The Daily Magic Pill

Improve:

- my life expectancy
- my quality of life
- my quality of sleep
- my daily moods
- my bone density
- my self-esteem
- my health during menopause
- my HDL (good) cholesterol levels
- effects of anxiety
- quality of life with a chronic disease
- quality of life with asthma
- quality of life with arthritis
- quality of life with HIV

Prevent:

- high blood pressure
- coronary heart disease
- colon cancer
- osteoporosis
- depression
- weight gain and obesity
- type II diabetes
- Alzheimer's and dementia

Benefits of Physical Activity for Mental Health

- Helps you live well and live long
- Increases morbidity compression and decreases mortality
- Improves glucose control
- Improves immune competency
- Increases metabolic rate
- Preserves or improves muscle mass
- Decreases depression, anxiety, and ADHD
- Increases serotonin and GABA
- Improves self-image and self-esteem

To Move or Not to Move

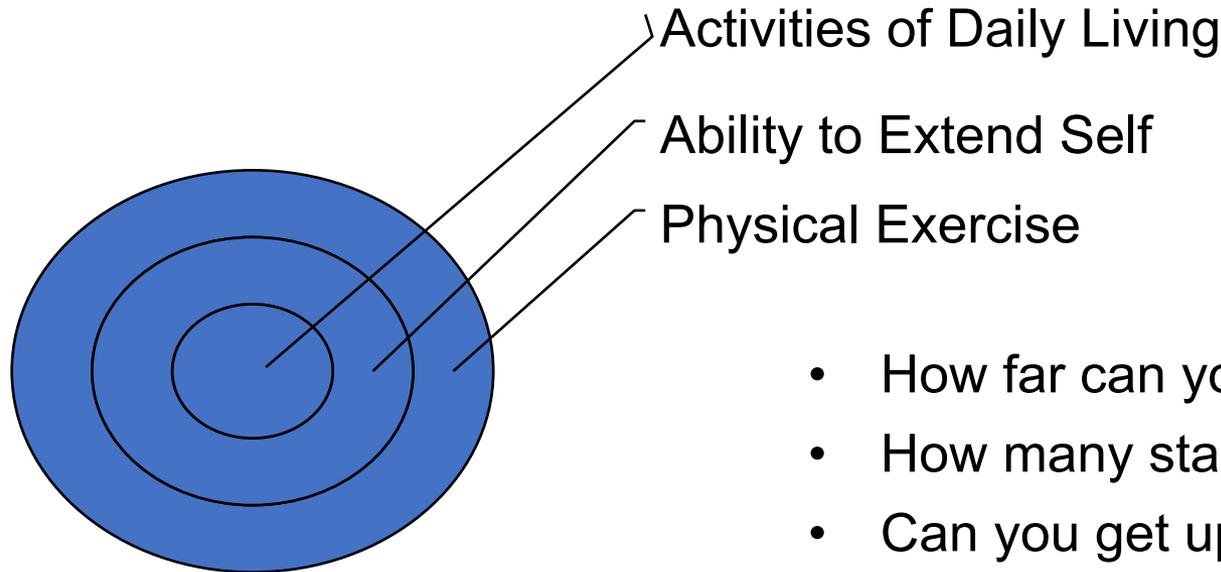
Over 55 years old:

- 
- Decreased muscle mass
 - Decreased hippocampus
 - Decreased prefrontal cortex
 - Decreased executive function
 - Decreased memory
 - Decreased bone density
 - Decreased cardiovascular fitness
 - decreases immune competency
 - Increased insulin resistance

Exercise after 55 years old:

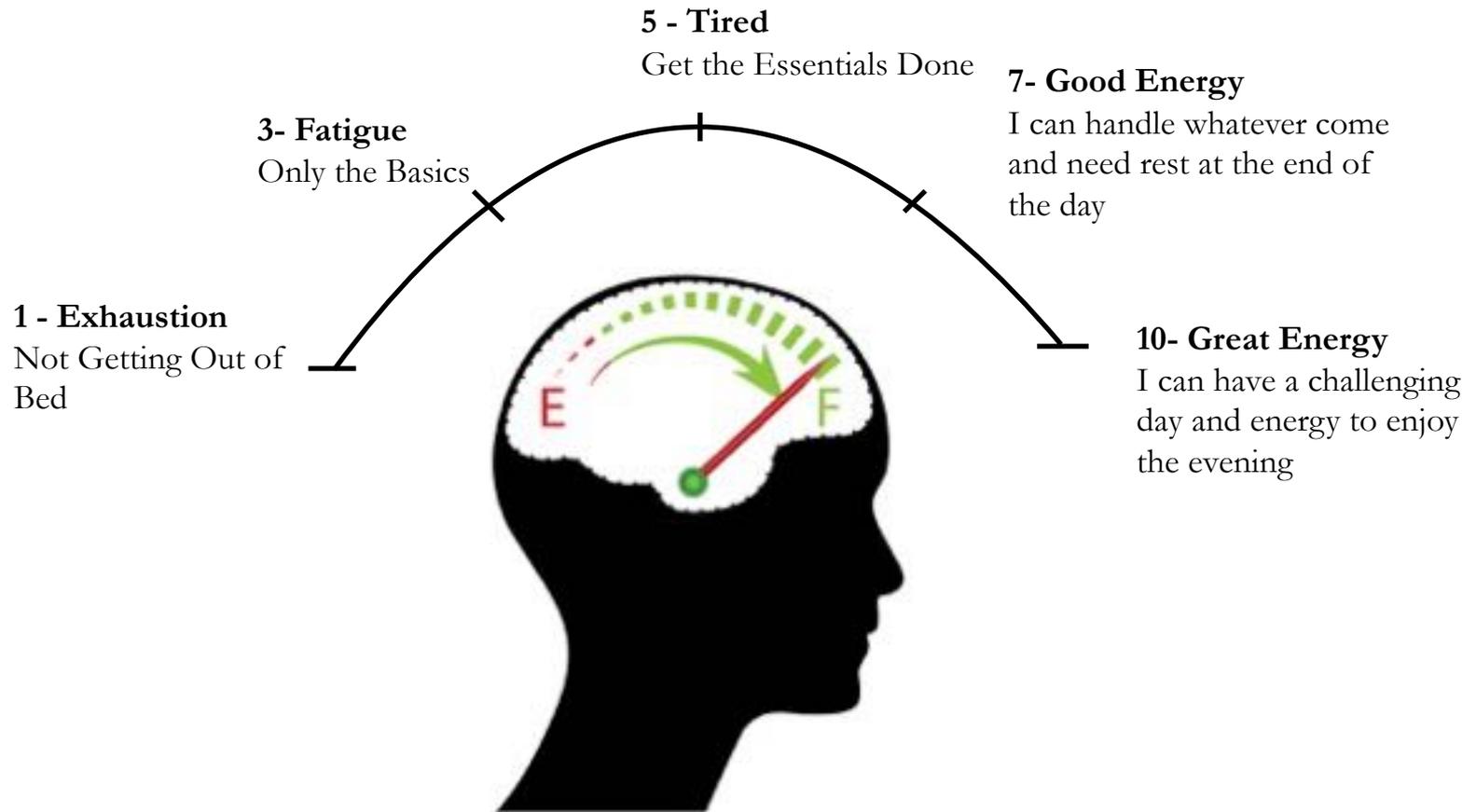
- 
- Increased muscle mass
 - Increased hippocampus
 - Increased prefrontal cortex
 - Increased executive functioning
 - Better memory
 - Increased bone density
 - Increased cardiovascular fitness
 - increased immune competency
 - Decreased insulin resistance

What is your Resilience?



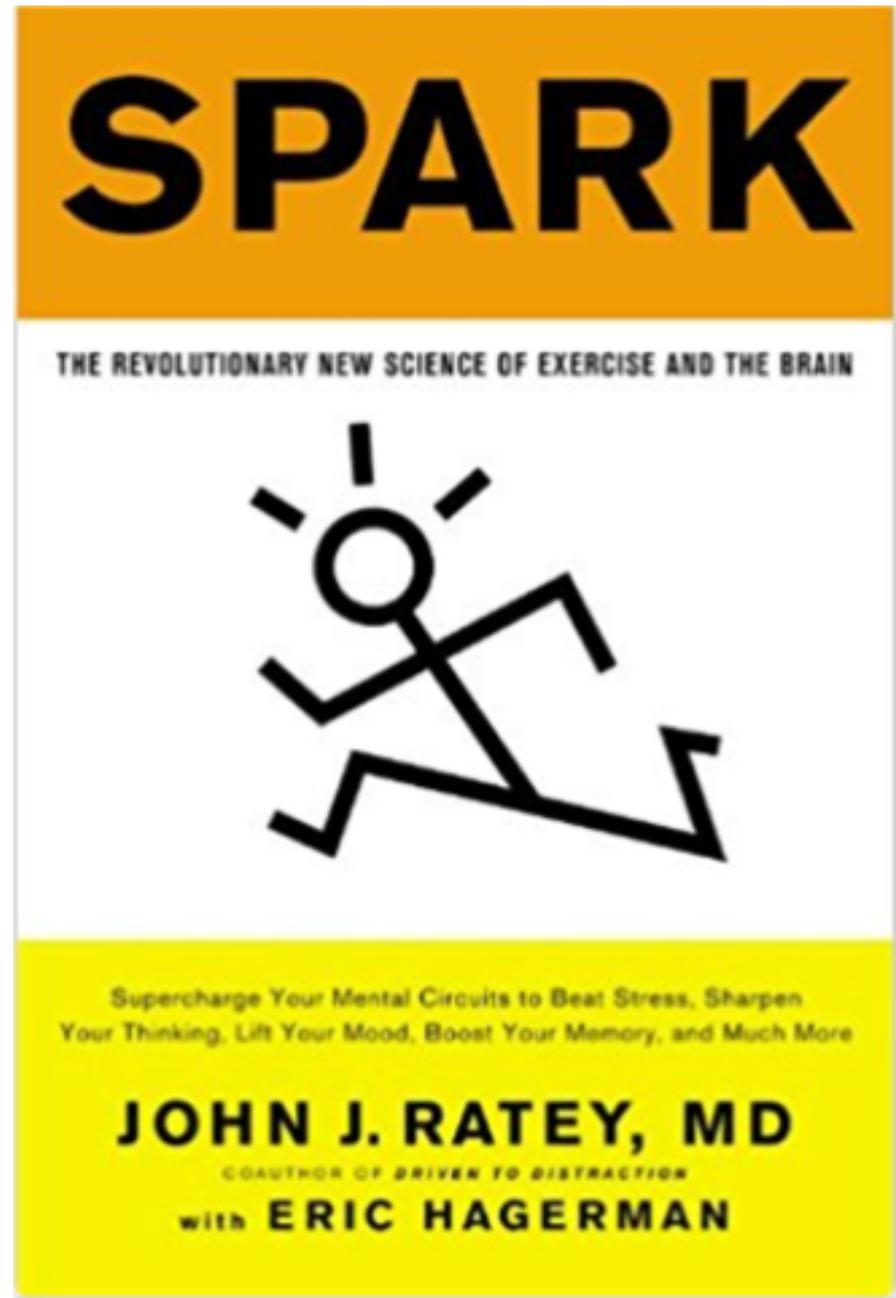
- How far can you walk?
- How many stairs can you climb?
- Can you get up off the floor, easily?
- Can you carry 1 or 2 bags of groceries?
- Can you balance with your feet together?

What is your energy level?





Review of Studies on Exercise and the Brain





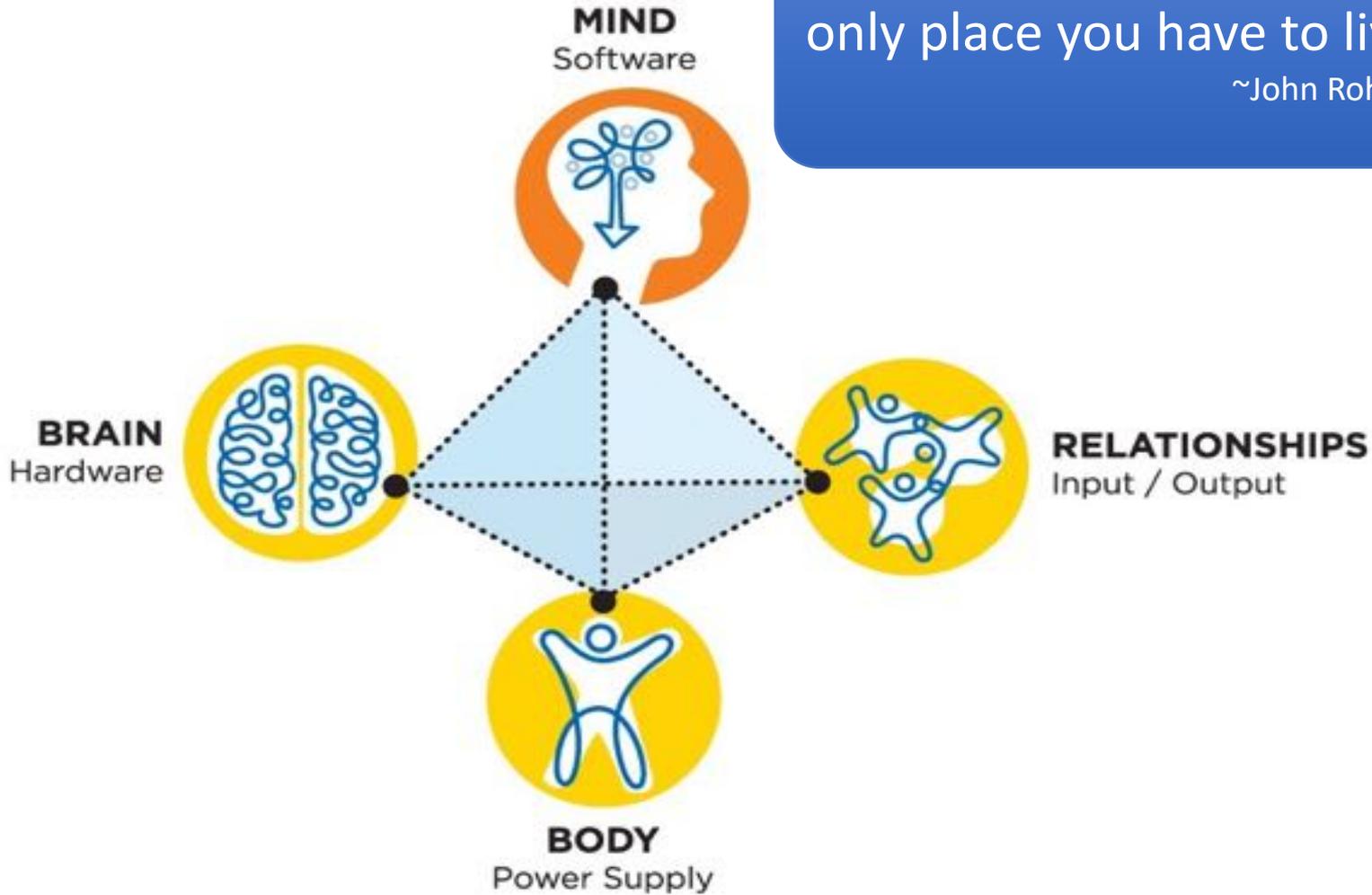
Make a list of people who have been connected to

List all the ways to connect to them



Food

Take care of your body. It's the only place you have to live.
~John Rohn, entrepreneur



What is your power supply?

**3 - FATIGUE ONLY
THE BASICS**

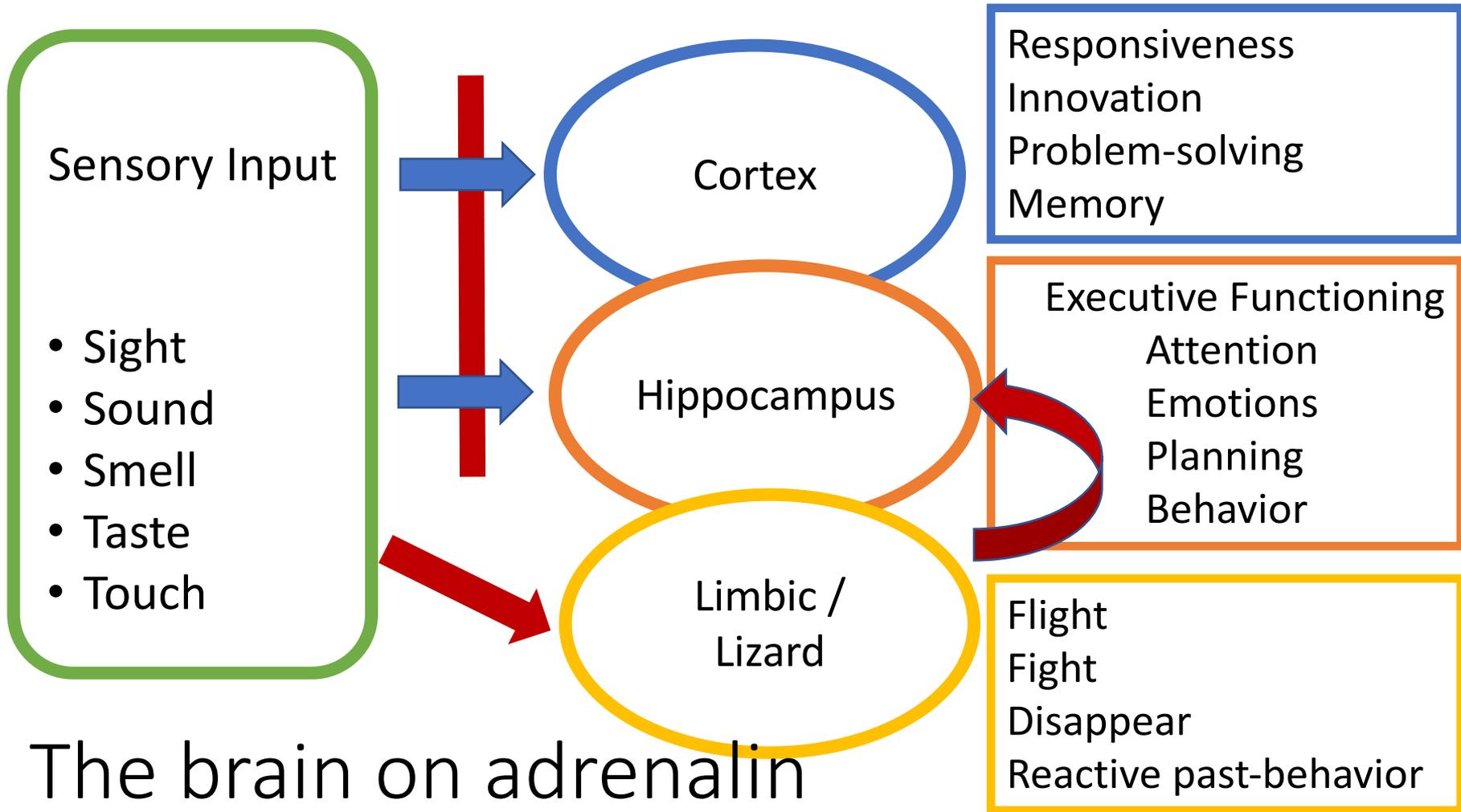
**5 - TIRED GET THE
ESSENTIALS DONE**

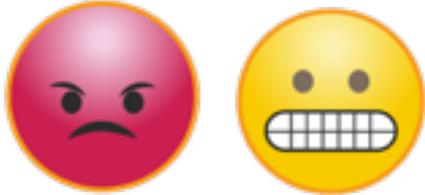
**7 - GOOD ENERGY I CAN HANDLE
WHATEVER COME AND NEED
REST AT THE END OF THE DAY**

**1 - EXHAUSTION NOT
GETTING OUT OF BED**



**10 - GREAT ENERGY I CAN HAVE A
CHALLENGING DAY AND ENERGY
TO ENJOY THE EVENING**

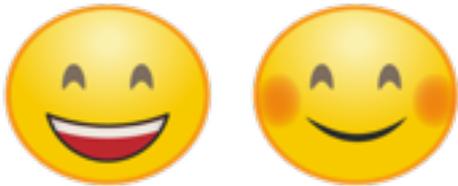




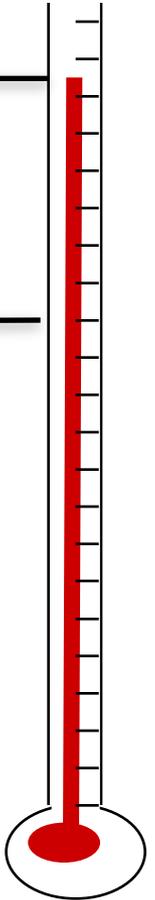
10/10
Panic attack/ Extreme anger



7/10
Choice and control become possible



Anger and Anxiety:
Emotional or
Hypoglycemic?



Anxiety or Hypoglycemic

- 1. Feeling nervous, anxious, or on edge.**
2. Not being able to stop or control worrying.
3. Worrying too much about different things.
- 4. Trouble relaxing.**
- 5. Being so restless that it's hard to sit still.**
- 6. Becoming easily annoyed or irritable.**
7. Feeling afraid as if something awful might happen.

GAD-7 found at [SAMHSA.Gov](https://www.samhsa.gov)

Depressed, Fatigue or Malnourished

1. Little interest or pleasure in doing things.
2. Feeling down, depressed, or hopeless.
3. Trouble falling/staying asleep, sleeping too much.
4. Feeling tired or having little energy.
5. Poor appetite or overeating.
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed, or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.
9. Thoughts that you would be better off dead or of hurting yourself in some way.

PHQ-9 found at SAMHSA.Gov

Dietary support intervention was found to be likely cost-effective as an adjunctive treatment for depression from both health sector and societal perspectives.

Methods:

- In this prospective economic evaluation, sixty-seven adults meeting DSM-IV criteria for a major depressive episode and reporting poor dietary quality were randomized to either seven sessions with a dietitian for dietary support or to an intensity matched social support (befriending) control condition.

Results:

- Dietary intervention lowered the average health sector costs (due to less allied health and medical appointments) by \$856 and societal costs lowered by \$2591 (due to less missed work both paid and unpaid.)

Diet Recall

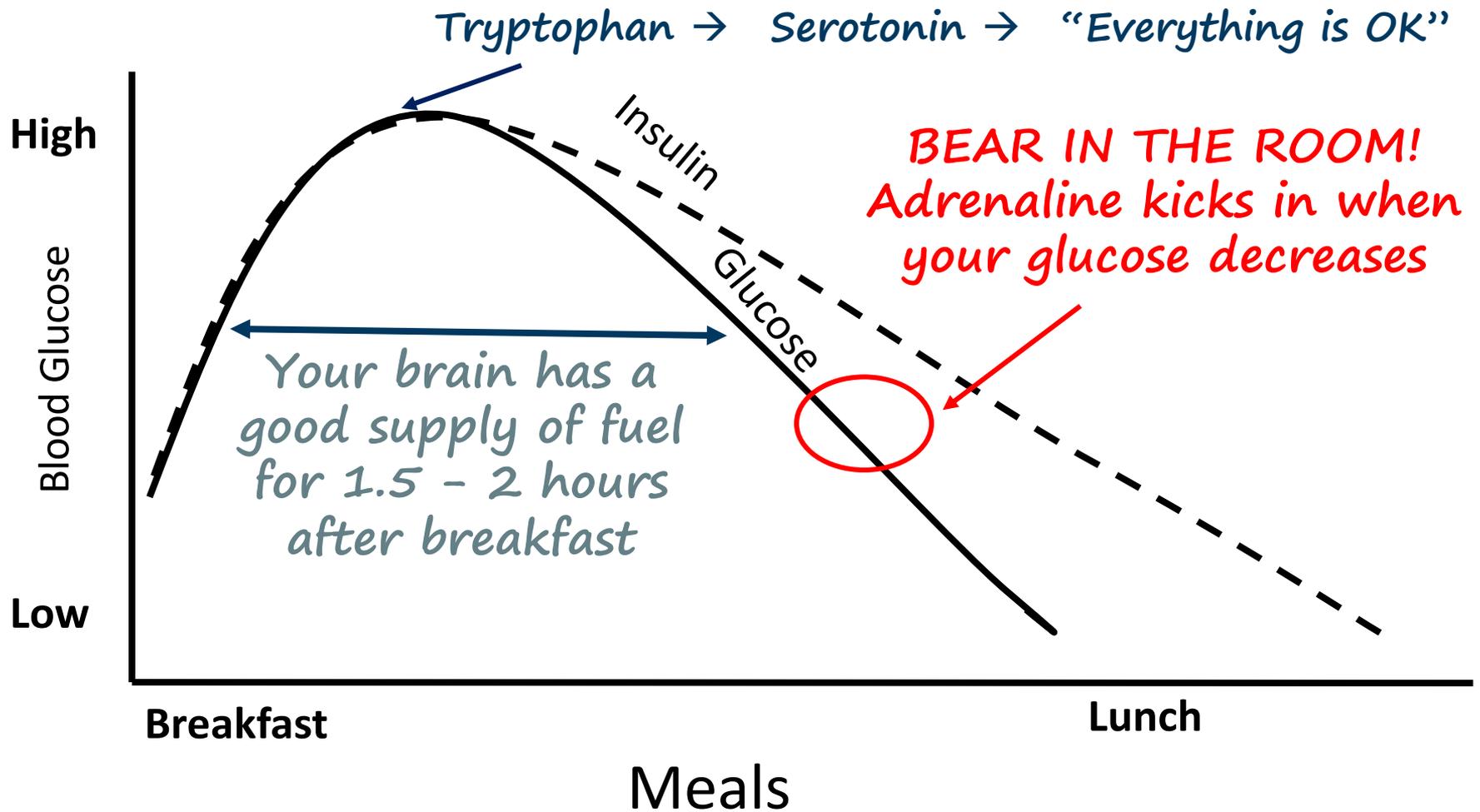
- “Since your physical body can effect your emotions and thought patterns, I would like to know more about your daily rhythms.
- Can I ask you what you typically have to eat and at what time?
- Let’s start with breakfast?....Do you snack in the morning? When is lunch?... Any afternoon snacks, typically?.... What time is dinner and what is typically?
- How much water in the day?
- What time do you go to bed? Where is your cell phone at night? What time do you get up in the morning? Do you ever have problems going to sleep or staying asleep? “
- Any alcohol or pot?



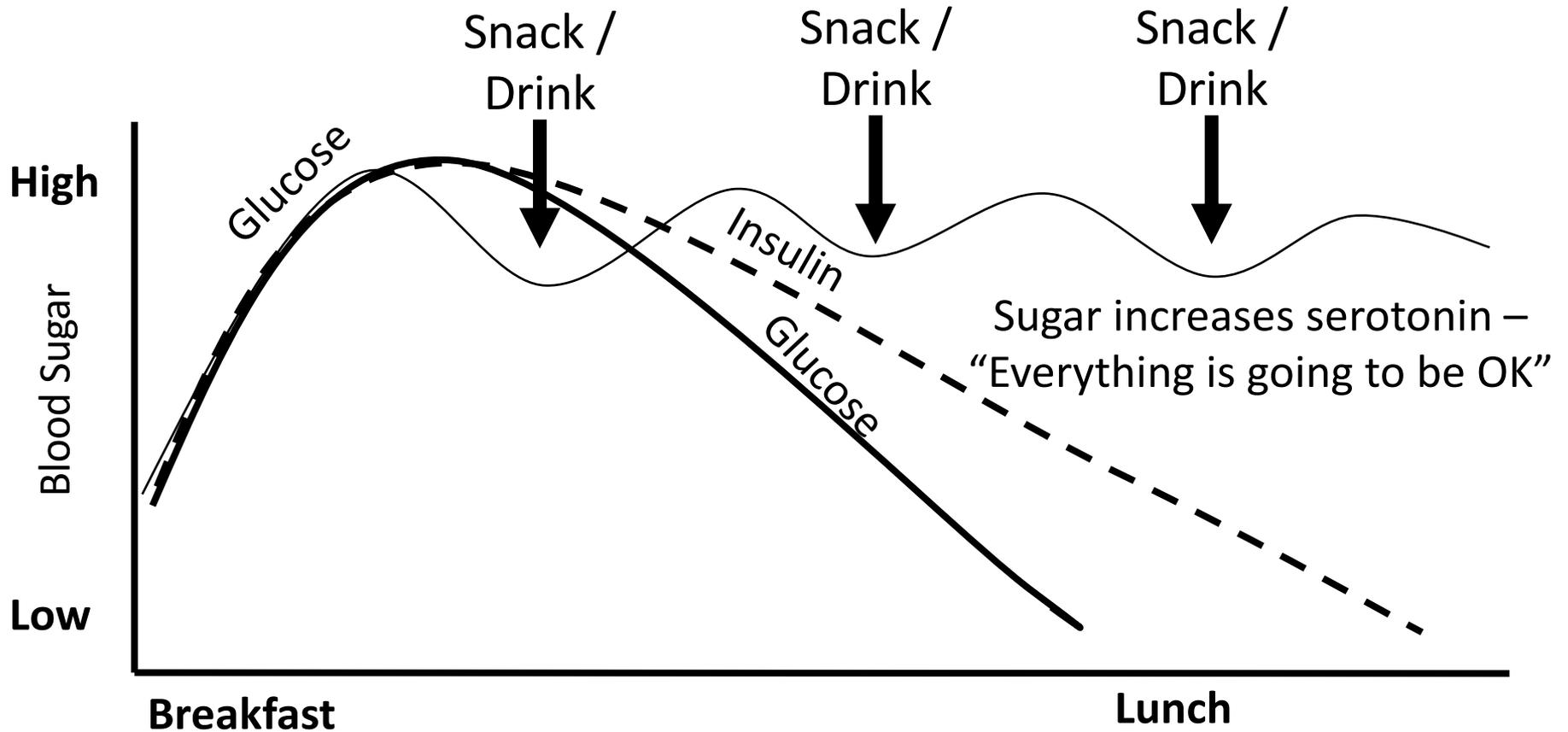
How do we understand it?

What is the physiology that impacts our energy, mental clarity, and decision making?

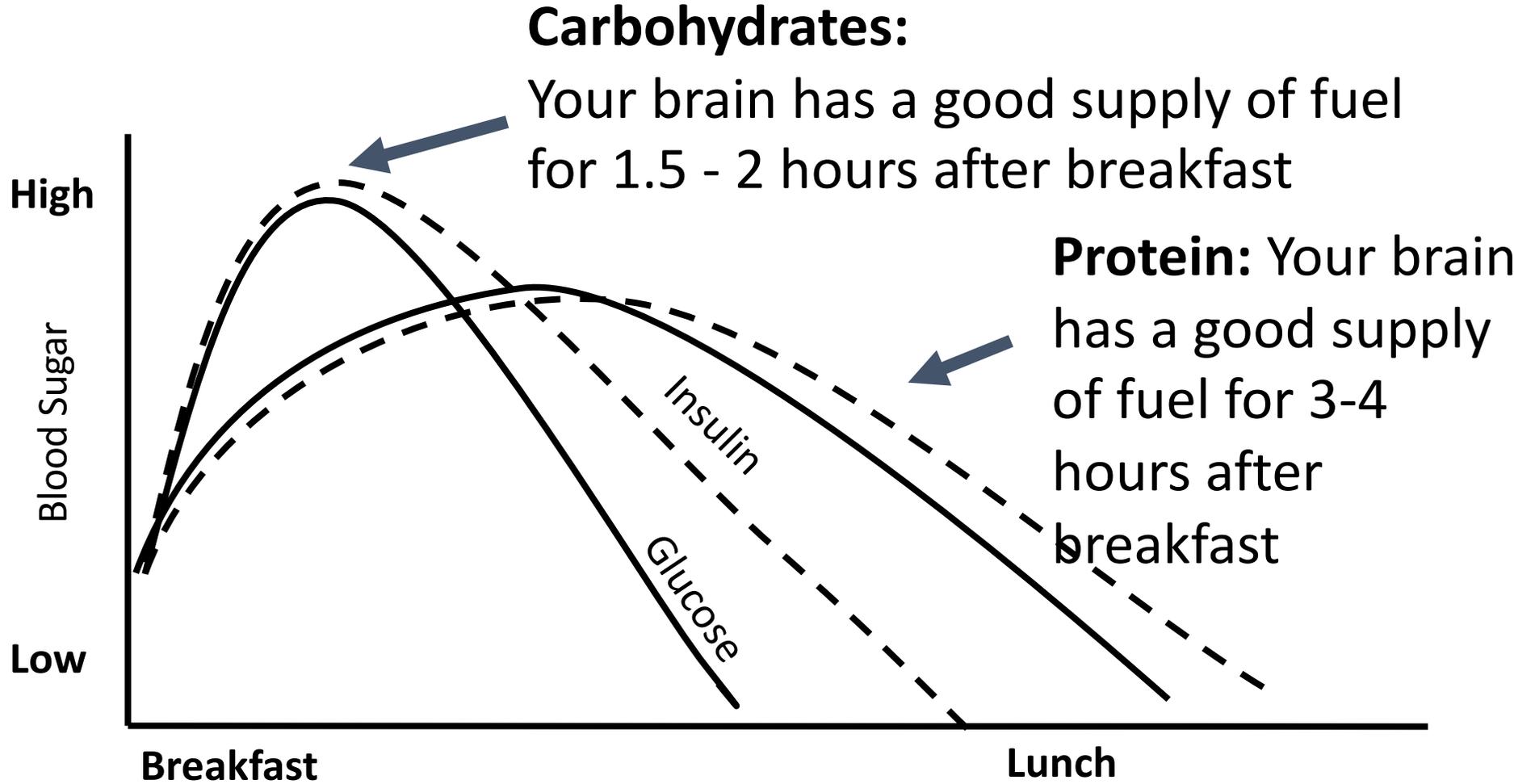
The Carbohydrate Cycle

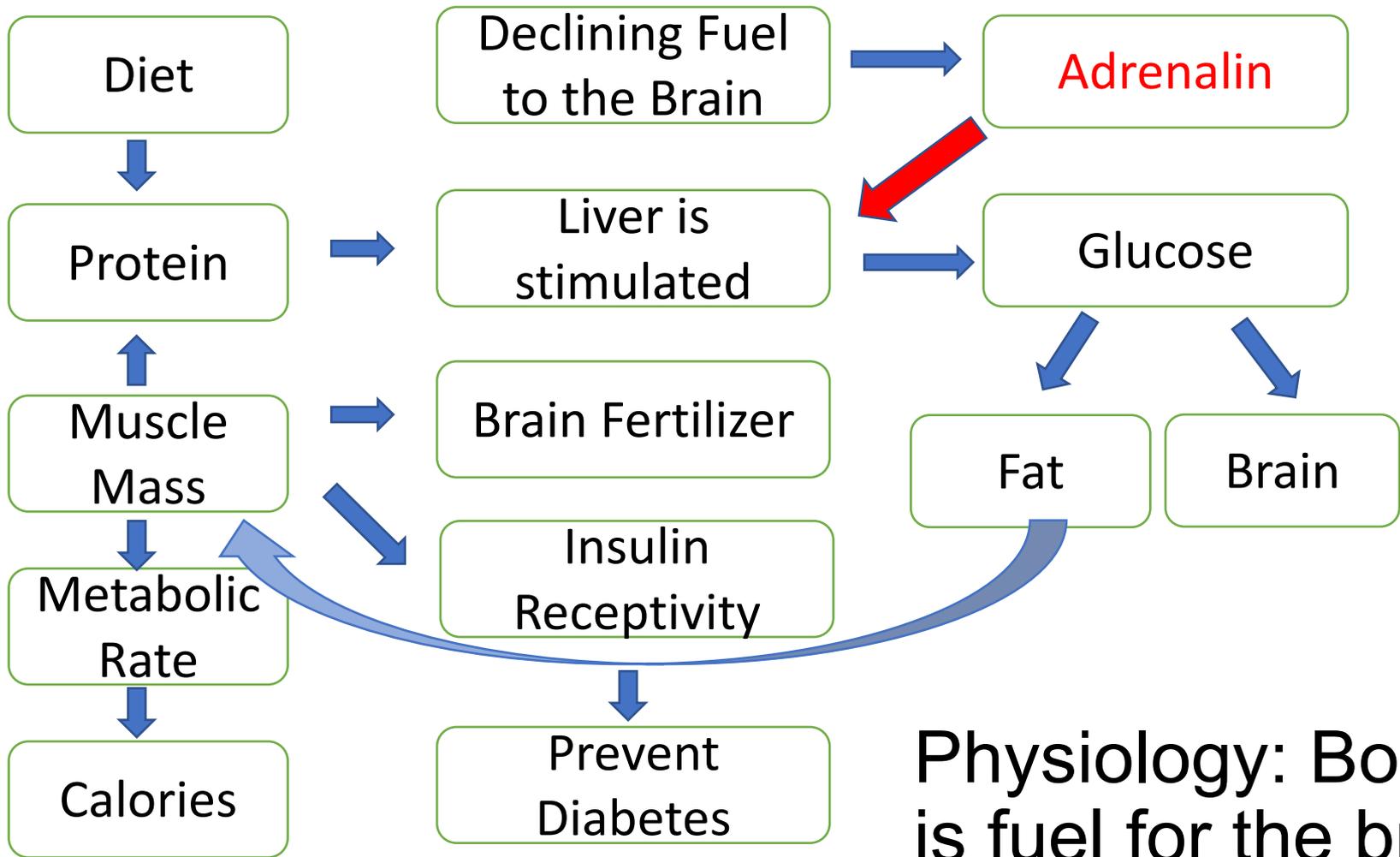


Glucose: Carbohydrate and fueling the brain

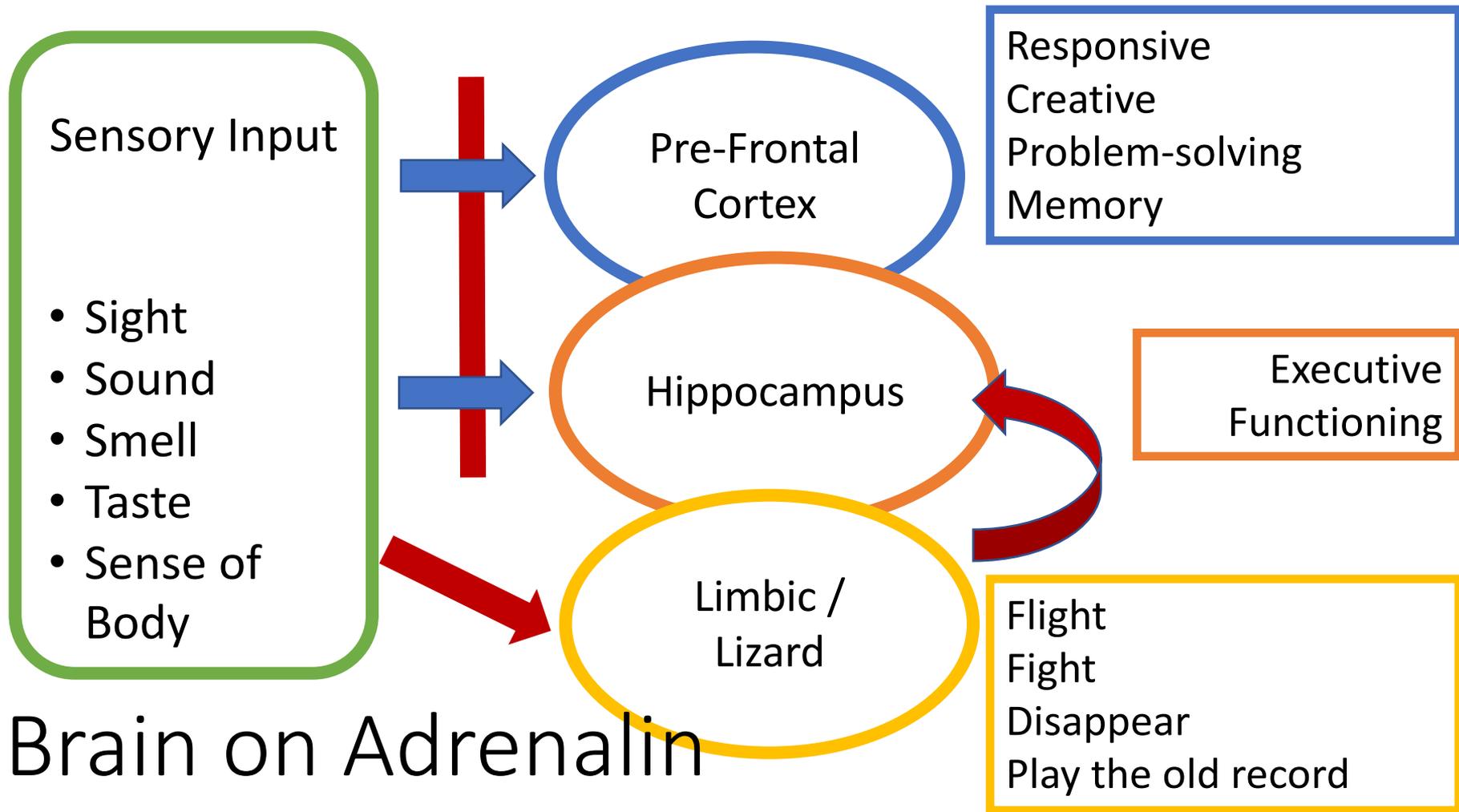


Glucose: carbohydrates vs protein





Physiology: Body is fuel for the brain



Summary of Physiology

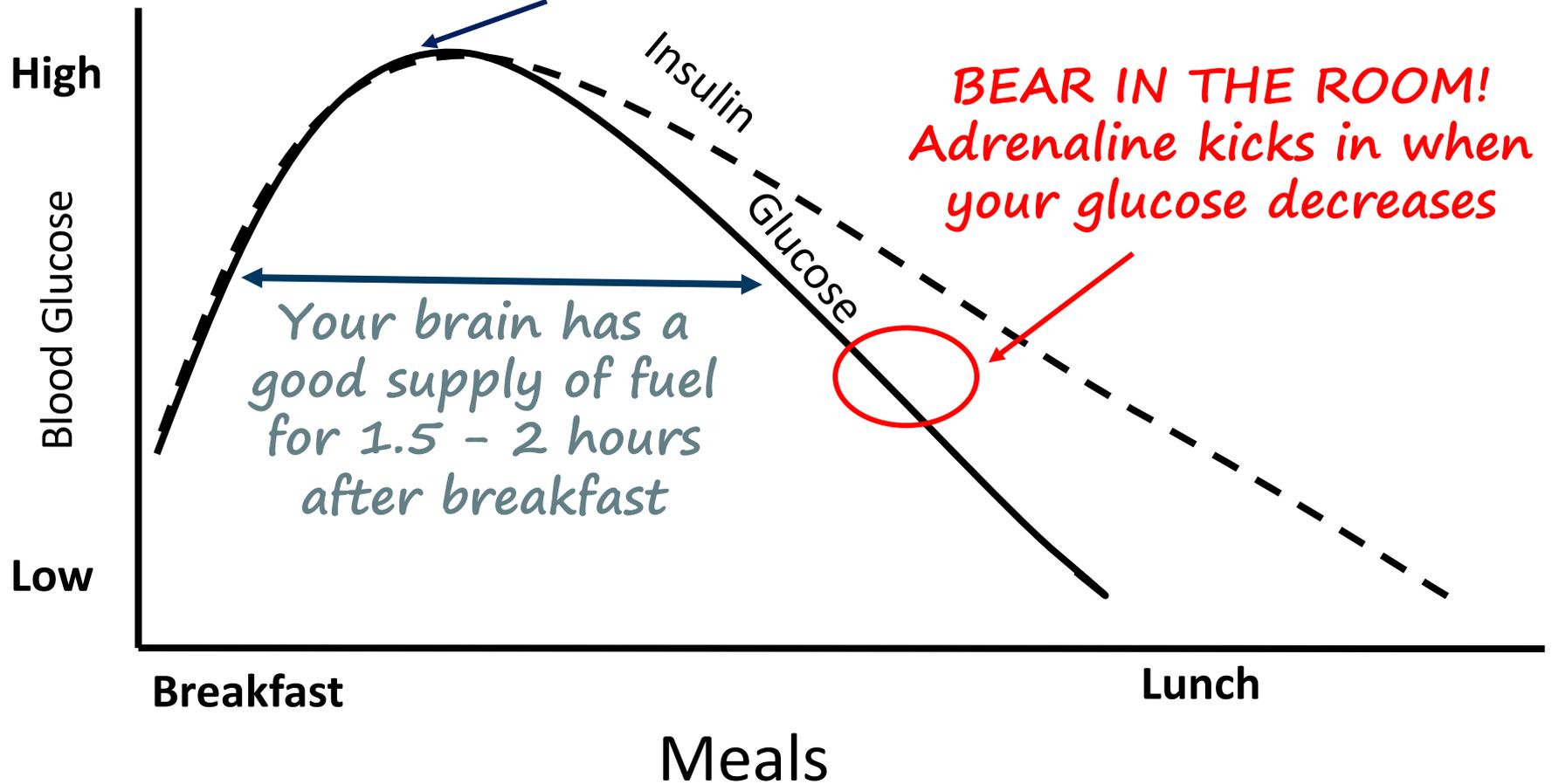
- The brain will use the body for fuel if it is not fed by food.
- Using the body as food requires adrenalin.
- Using the body as food frequently and over years is a cause of obesity, decreased muscle mass, decreased metabolic rate, and decreased brain fertilizer.
- The brain, when being fed from the body, has exposure to adrenalin which shifts response from pre-frontal cortex to limbic system.
- When we are in our limbic system: willpower is low, we are responding with the filter of fight, flight, disappear, and play the old record.



Applying the
physiology to
ourselves and
the clients?

The Carbohydrate Cycle

Tryptophan → Serotonin → "Everything is OK"



Lizard brain treat

- 1/4 cup of fruit juice or a “tot box” of juice
- 1/4 cup of nuts (almonds, cashews, or hazelnuts)

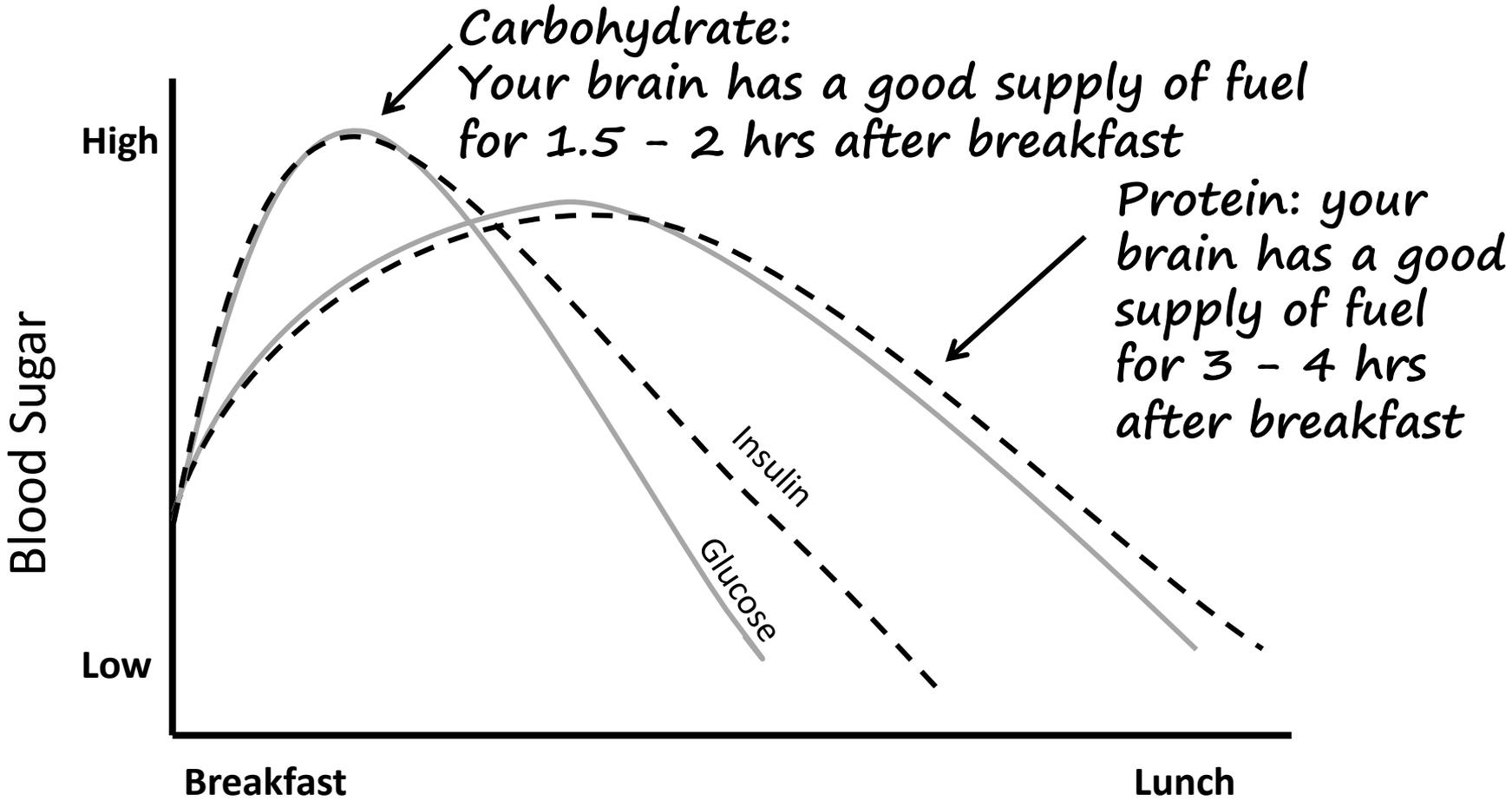


Lizard brain meal

- Sandwich with protein
- Protein bar
- Protein shake
- Burrito or roll up with protein
- Salad with protein



Carbohydrates vs. Protein



How much protein should I eat?

Your Weight (lbs)	Protein Target (g)	Acceptable Protein Range (g)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	67-72
180	72	64-81
200	80	71-90

RDA 0.8 gram/kg/day or 8 grams/20 lbs/day
Max protein per day = 120 grams



Americans Eat Too Much Protein?

- Higher-protein diets are associated with lower BMI and waist circumference and higher HDL cholesterol compared to protein intakes at RDA levels, 0.8 gram/kg/day.
- Dietary protein between 1.0 and 1.5 g/kg BW potentially have a lower risk of developing cardiometabolic disease.
- In 2015, National Health and Nutrition Examination Survey, NHANES, data from 2001-2010 with 23,876 adults ≥ 19 y of age
- [J Nutr.](#) 2015 Mar;145(3):605-14. doi: 10.3945/jn.114.205203. Epub 2015 Jan 21.

Optimizing your brain's fuel supply:

Eating protein every 3 hours for three days

- **8 am Breakfast:** 1-2 eggs, 1 piece of toast, 1 apple (14 grams)
- **11 am Snack:** 1 handful of nuts, 1 spoonful of nut butter, or 1 spoonful of cottage cheese (6-8 grams)
- **12:30 pm Lunch:** portion of meat the size of a pack of cards eaten by itself or in a sandwich/wrap, soup, or burrito; 1-2 cups of veggies (21 grams)
- **3:30 pm Snack:** 1 handful of nuts, 1 spoonful of nut butter, or 1 spoonful of cottage cheese (6-8 grams)
- **6:30 pm Dinner:** portion of meat the size of a pack of cards eaten by itself or in a sandwich/wrap, soup, or burrito; 1-2 cups of veggies (21 grams)
- **Pre-bedtime Snack:** One slice of turkey meat (6-8 grams)



How does
glucose
regulation
apply to
mental health
conditions?

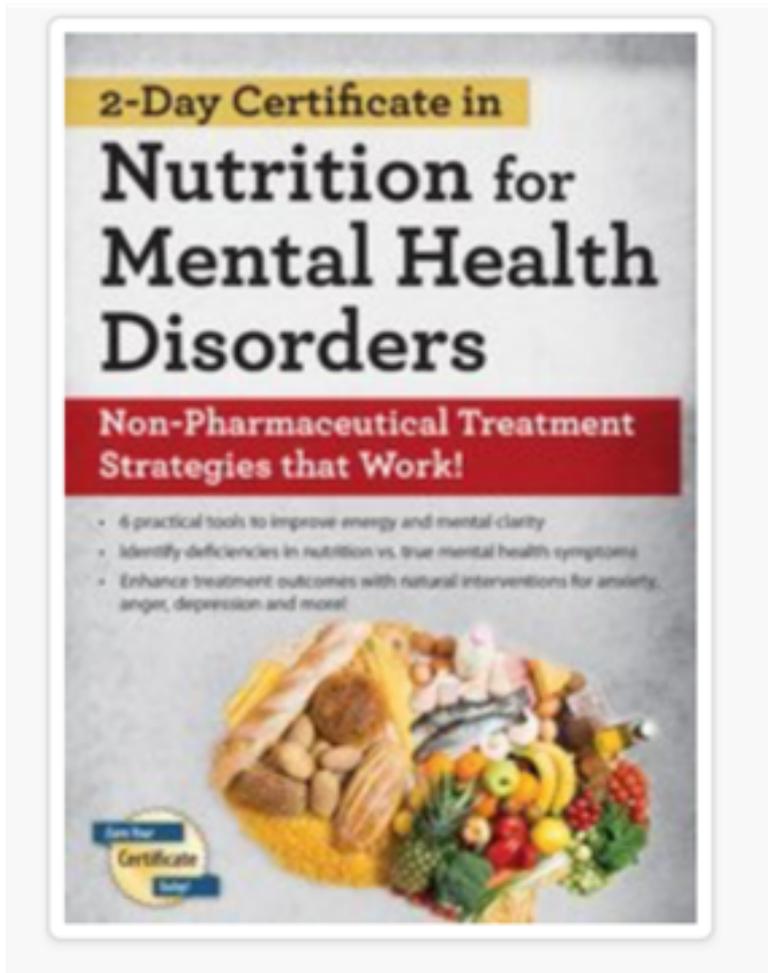
Low glucose, high adrenaline, and mental health challenges

- Anxiety - general, social, phobia, test/performance
- Panic attacks
- Depression/fatigue
- Bipolar - Mania
- Bipolar - Depression
- Binge eating disorder - sugar binging

Low glucose, adrenaline, and mental health challenges

- ADD/ADHD
- Insomnia - 3 AM waking
- PTSD - anxiety, nightmares, past invading present, dissociation
- Addictions - reaching for maladaptive coping mechanism
- Not hungry - in the morning, eating disorders, bipolar

PESI.com



Dr. Kristen Allott

Imagine an increase in your client's energy and mental clarity, allowing them to be more engaged in the therapeutic process. Simplify sessions when you readily have dozens of effective, simple strategies at your fingertips that enhance and complement your current treatment interventions. Feel your confidence improve when you identify nutritional deficiencies that contribute to anxiety, anger, depression, PTSD or ADHD.



Protein

Carbs

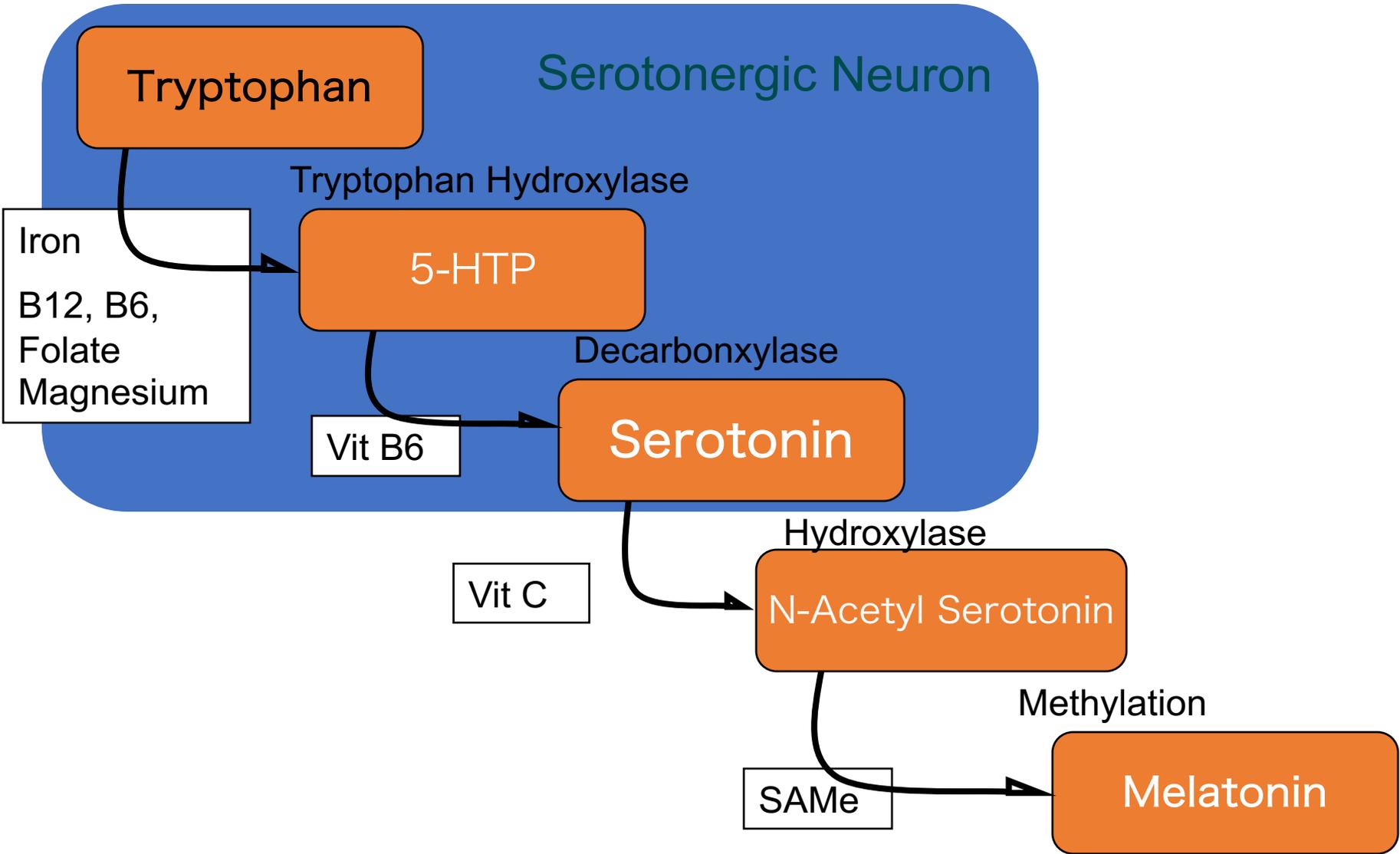
Fiber

Fat

Protein: Building blocks for every cell

- Neurotransmitters
- Cell receptors
- Immune system: WBC and cell signaling
- Enzymes
- Bones
- Muscles
- Tendons
- Source of energy to cells
- Favorite fuel for the liver
- Provided by muscle mass or diet

Neurotransmitter Metabolism



Sources of Protein

- **Eggs**
- **Meat:** chicken, pork, beef, turkey, lamb, fish
- **Soy:** tofu, soy, milk products
- **Nuts:** walnuts, almonds, cashews, pecans, hazelnuts
- **Seeds:** pumpkin, sesame
- **Nut butters:** peanut butter, almond butter
- **Real Whole Grains:** quinoa, barley, rye
- **Beans:** lentils, black, kidney, garbanzo
- **Some Milk Products:** high-protein yogurt, cottage cheese
- **Muscle mass** with prolonged time between meals

Read labels and know what you are getting:

Quinoa: 22 grams of protein/cup

Oats: 6 grams of protein/cup

Benefits of eating enough protein

- Better sleep, less early morning waking
- Less fatigue, particularly in the afternoons
- More energy
- Better and more stable moods
- Decreased depression and anxiety
- Improved immune system
- Higher metabolism due to increased muscle mass
- Less frequent hunger



Carbohydrates: Trigger Insulin

- Primary energy fuel for the brain and nerves
- Provide energy to all cells
- Trigger insulin



What's your response to sugars?

- **Alcohol**
- **High Fructose Corn Syrup/Corn Syrup**
- **Fructose**
- White Sugar, Honey, Maple Syrup, Barley Syrup
- White Bread, Pasta, White Rice, White Potatoes
- Fruit juice
- Dark, Thick whole wheat breads
- Whole Fruits
- Grains
- Vegetables



Motivational interviewing for the following:

What is the amount of _____
that you feel is too much for you?

This would be the amount that
would make it hard for your life to
continue to move forward or that
is healthy for you and your family.

- Alcohol
- Marijuana
- Screen times (social media,
news, youtube,...)
- Other: not leaving your house,
exercise, sleep,

Veggies: Fiber plus Multivitamin

Eat in Abundance 4-6 serving

- Greens (lettuce, kale, spinach)
- Broccoli, broccolin
- Green Beans
- Brussel sprouts
- Cabbage (red, green)
- Artichokes
- Celery
- Zucchini
- Bok Choy



- Asparagus
- Onions, garlic, leeks
- Mushrooms
- Cucumbers
- Eggplant
- Tomatoes
- Bell pepper
- Cauliflower
- Radishes
- Carrot
- Avocado

For health gut bacteria

- Healthy food (protein, carbohydrate, fiber, fats, water, probiotic foods)
- Good and enough sleep
- Move your body
- Healthy relationships
- Be around animals and garden

Probiotic Foods

- Yogurt with probiotics
- Kimchi
- Miso
- Non-pasturized Pickles and Sauerkraut
- Tempeh
- Kombucha **



Fats: Regulator of the Body

- Cell membranes
- Myelin sheath of nerve cells
- Regulates inflammation and the immune system which contributes to prevention of physical disease
- Cholesterol is needed to make hormones
- Source of energy, particularly to muscles
- Helps feel satisfied with meal
- Has less of an impact on releasing insulin



Kristen's Favorite
Treat

Macarons!



NATURE VALLEY™

CRUNCHY

granola bars

made with
100% NATURAL
whole grain
OATS

ENLARGED
TO SHOW
DETAIL

12
BARS

PER 2 BARS

190 CALORIES
1g SAT FAT
180mg SODIUM
11g SUGARS

Oats 'n Honey
16g of whole grain*

6 - 1.49 OZ (42g) 2-BAR POUCHES NET WT 8.94 OZ (253g)

*16g of whole grain per serving. At least 48g of whole grain recommended daily.

Nutrition Facts

Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving	2 bars	1 bar
Calories	190	100
Calories from Fat	60	30
	% DV*	% DV*
Total Fat	7g 11%	3.5g 6%
Saturated Fat	1g 4%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	180mg 7%	90mg 4%
Total Carbohydrate	29g 10%	15g 5%
Dietary Fiber	2g 9%	1g 4%
Sugars	11g	6g
Protein	3g	2g
Iron	4%	2%

Not a significant source of vitamin A, vitamin C and calcium.

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Partially Produced with Genetic Engineering
Learn more at Ask.GeneralMills.com

choice, yet we always do our best to take care of our people, our community, and our environment.

Harry Founder and Owner of Clif Bar & Company



— FAMILY & EMPLOYEE Owned —

CLIFBAR.COM

Nutrition Facts

Serving Size 1 Bar (68g)
 Servings per Container 12
Calories 250
 Calories from Fat 50

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	8%	Cholesterol 0mg	0%	Insoluble Fiber 3g	
Saturated Fat 1.5g	8%	Sodium 180mg	8%	Sugars 21g	
Trans Fat 0g		Potassium 230mg	7%	Other Carbohydrate 19g	
Polyunsaturated Fat 1g		Total Carbohydrate 44g	15%	Protein 9g	18%
Monounsaturated Fat 2.5g		Dietary Fiber 4g	16%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 15% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10%
 Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 25%

INGREDIENTS: Organic Brown Rice Syrup, Organic Rolled Oats, Soy Protein Isolate, Organic Cane Syrup, Organic Roasted Soybeans, Rice Flour, Dried Cane Syrup, Unsweetened Chocolate[†], Cocoa[†], Organic Soy Flour, Organic High Oleic Sunflower Oil, Organic Oat Fiber, Alkalinized Cocoa[†], Natural Flavors, Cocoa Butter[†], Sea Salt, Barley Malt Extract, Soy Lecithin.

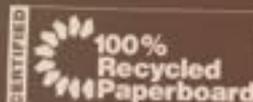
VITAMINS & MINERALS: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), DL-Alpha Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).

ALLERGEN STATEMENT: CONTAINS SOY. MAY CONTAIN WHEAT AND TRACES OF MILK.

WE DO NOT SOURCE GENETICALLY MODIFIED INGREDIENTS.



[†]Rainforest Alliance Certified™



* This carton is made from 100% recycled content with a maximum 65% pre-consumer content and a minimum 35% post-consumer fiber content. Please recycle.





Rise Bar Protein+ Almond Honey

Nutritional Profile

Calories	280	Sugar	13g
Protein	20g	Sugar Alcohol	-
% Cals from Protein	28.6%	Fat	16g
Carbohydrates	20g	Saturated Fat	1.5g
Fiber	4g	Trans Fat	0g

Ingredients:

Almonds, Honey, Whey Protein Isolate



Nutrition Facts	Amount/serving		% DV		Amount/serving		% DV	
	Serving size 1 bar (55g)	Total Fat 10g	13%	Sodium 170mg	7%	Total Carb. 27g	10%	Protein 10g
Calories per serving 220	Sat. Fat 1.5g	8%	Fiber 6g	21%	Total Sugars 17g		Incl. 0g Added Sugars	0%
	Trans Fat 0g		Cholesterol 0mg	0%	Vitamin D 0% • Calcium 4% • Iron 20% • Potassium 8% • Magnesium 20% • Manganese 25%			

NON GMO • VEGAN • KOSHER • FREE OF GLUTEN, GRAIN, DAIRY & EGGS

INGREDIENTS: Organic Dates, Organic Sunflower Seeds, Organic Sunflower Seed Powder, Organic Cocoa, Organic Pumpkin Seeds, Pink Himalayan Sea Salt, Organic Chocolate Flavor.

Skout Organic, Portland, OR & Austin, TX. skoutorganic.com
 Certified Organic by Oregon Tilth

Made in facility that also processes peanuts, tree nuts, wheat (gluten), milk, soy, and eggs.

BEST BY 07-23-2020 HL 23:30

Comparing Labels



Name	Serving Size	Protein	Total Carb	Fiber	Cal. Carb	Cal. Carb/Pro Ratio	Notes
PAGE 65	1	5	24	4	20	4:1	Meal/Dessert
Kraft Mac & Cheese	3 per box	$3 \times 9 = 27$	$47 \times 3 = 141$	$2 \times 3 = 6$	$141 - 6 = 135$	$135 / 27 = 5:1$ ratio	Dessert
TJ Skipjack Tuna	2X	$14 \times 2 = 28$	0	0	0	Less than 1:1 ratio	No carb, no fiber, no meal
Dave's Killer Bread	2X	$5 \times 2 = 10$	$22 \times 2 = 44$	$5 \times 2 = 10$	$44 - 10 = 34$	$34 / 10 = 3.4:1$ ratio	Ratio good, low protein
TJ Artichoke Hearts	3X	$3 \times 3 = 9$	$9 \times 3 = 27$	$2 \times 3 = 6$	$27 - 6 = 21$	$21 / 9 = 2:1$ ratio	Great snack
M&C w/tuna and Artichoke		$27 + 28 + 9 = 64$	$27 + 28 + 9 = 64$	$6 + 0 + 6 = 12$	$64 - 12 = 52$	$64 / 52 = 1.2:1$	2 meals
Coco puffs	4X	4	92	4	88	22:1	Sugar Crack



Telemedicine Opportunities and Boundaries

What opportunities and risks do telemedicine?



What
boundaries
will you have?



Building Hope in a Time of Change-HOPE Rising

1. Identify a goal – describe it in as much detail as possible
2. How much do you want the goal?
3. What is motivating you to achieve that goal?
4. Create a future memory of the goal and describe what it will feel like to achieve the goal.
5. List 3 ways that you can achieve the goal.
6. What are at least 3 potential barriers to the goal?

Building Hope in a Time of Change

7. Describe a time when you achieved a goal by overcoming barriers.

8. What are minimal achievements for knowing that you are moving toward your goal?

9. What people and resources do you need to achieve the goal.

10. Choose the next couple of steps to achieve your goal.

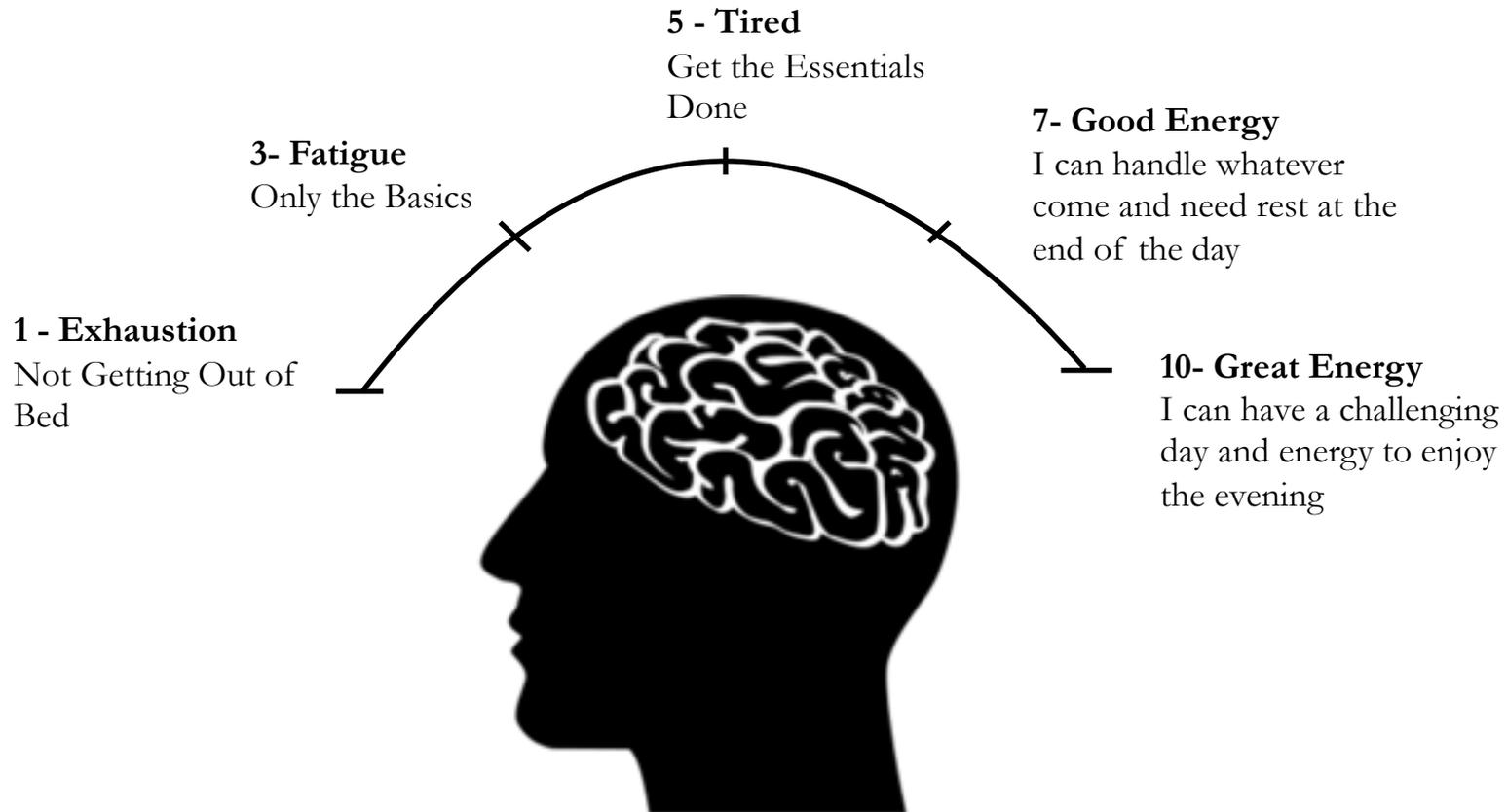
An orange watercolor splash graphic on the left side of the slide, with the text overlaid on it.

Improving Self-Care Skills. Plan First!

- Eat better: What are 3 ideas for each meal-time that your client wants make or obtain?
- Exercise more: What are 10 movement powerups that can be found on youtube?
- Sleep better: What are the changes that need to be made? What is a way to write it down and follow it?
- Less Screen time: What are 10 things that they can do instead?

What can you do in **15 minutes per day** that will give you, **10%** more energy or move you towards your goal?

What would you do with **more energy**?

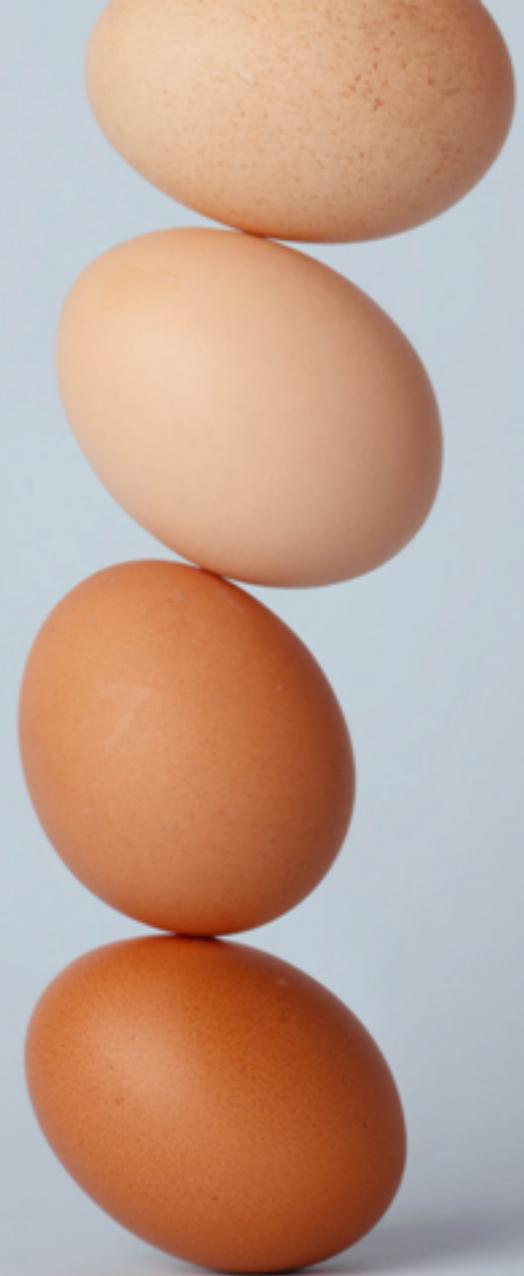


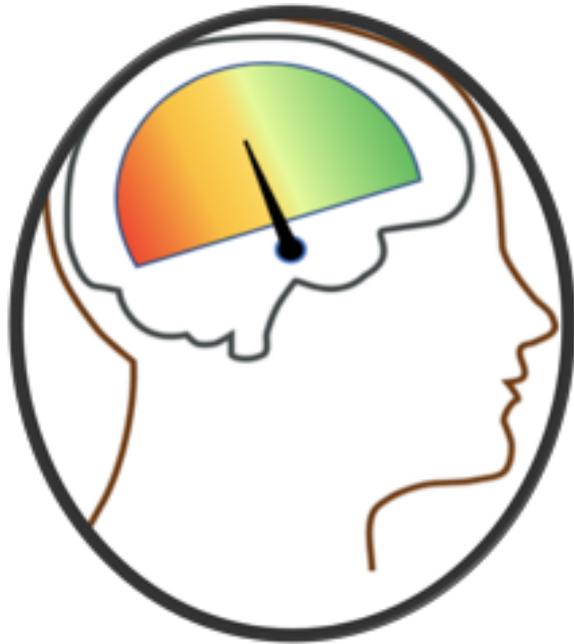
Upcoming Workbook

Published by New Harbinger in Spring 2021

Sign up our newsletters to get the latest updates

KristenAllott.com





Become part of the
**Be at Your Best
Movement**

KristenAllott.com
ProteinForAll.org

- Learn more at KristenAllott.com/education
- Sign up for our newsletter
- Follow our blog and podcasts
- Join us on Facebook at Dynamic Paths
- Link with us on LinkedIn at Kristen Allott



What are you taking home?