



Helping Women Thrive Through Change

WHAT ELSE WAS GOING ON?

Because sometimes the food isn't the whole story

Use this page when something feels harder than usual. Look beyond the food itself and consider what else was happening around you.

WORK	HOME	SLEEP / REST	MOVEMENT	PEOPLE	STRESS / LIFE
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WHAT WAS HAPPENING AROUND ME?

What might have influenced how I felt or what I did?

WHAT DID I NEED?

What would have helped me in that situation?

WHAT COULD I PLAN FOR?

Is there something I could prepare, change, ask for or make easier next time?