

SAFETY SEGMENTS MARCH



NUTRITION & STRESS



WHAT WE'RE LEARNING

Stress is something we all face, whether it's from work, home, or other aspects of life. It often feels like there's no escape. But did you know that incorporating certain foods into your diet can help you manage stress more effectively? While it's true that stress can influence our eating habits, the reverse is also true: certain foods can impact how stress affects us. Incorporating these foods into your diet can help you handle stress better and improve your overall well-being. So next time you're feeling overwhelmed, consider reaching for some of these stress-relieving foods.

GUIDING QUESTIONS

- Think of a time at work when you did not feel psychologically supported. How did that make you feel?
- What does a Psychologically and Socially Supportive work environment look like to you?
- What are some strategies to help YOUR workplace to be more Psychologically and Socially Supportive?

Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Stress Fighting Foods](#). After everyone is done, use the guiding questions to facilitate a group discussion.

