• **Q:** In the self-care area you said to engage in healthy eating. Are there certain foods that help eliminate stress?

• **A:** There is no evidence to support any foods that eliminate stress. However, eating a diet rich in whole grains, lean proteins like fish, chicken, beans, etc., high in fruits and vegetables, nuts, low fat dairy etc. can help to fuel your body with all the nutrients it needs to operate the best. Waiting too long to eat and skipping meals cause leave us low on energy making us feel tired. When we feel tired and/or hungry we tend to feel like situations are more stressful than they are. By eating healthy foods regularly throughout your day, you are giving your brain the power to think and the energy your body needs to tackle the tasks that come your way.

• **Q:** I know I should exercise to feel better, but I don’t value exercise. What do I do?

• **A:** Exercise feels like a chore to some people. It is important to find activities you value that get you active, rather than thinking about it as exercise. So, if you enjoy being outside, find different things to try outside. If you like spending time at home, find ways to get yourself more active in your home. Team sports, being active with friends and family, etc. Find a value first then work physical activity into that value.