

hello again

# Nutrition & Mental Health

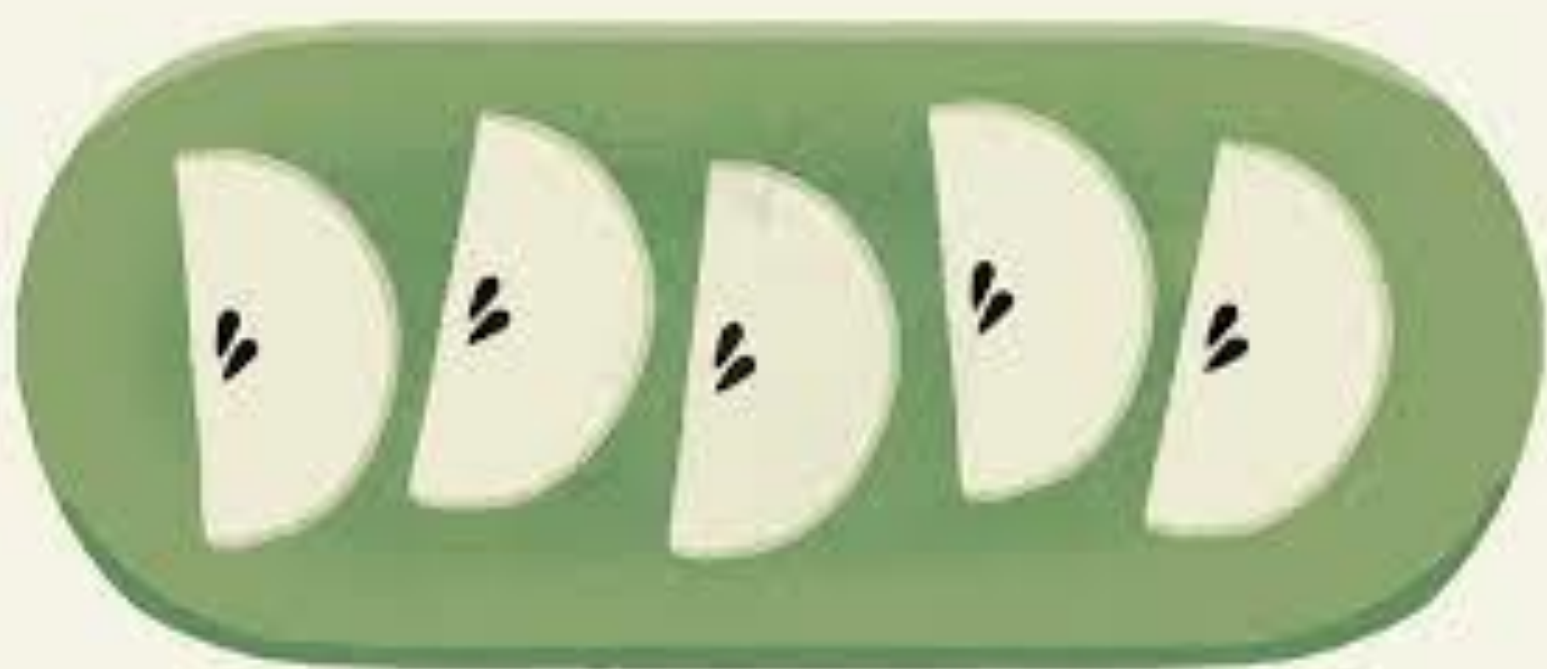
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# Mindful Eating



Focus.  
Savor.

Take a moment to reflect on what resonates with you.



What do you already do?



What might you try?

# Nutrition and Stress Management

## Stress Busters: Seven Ways to Manage Stress (ACES Aware)

- Supportive Relationships
- Quality Sleep
- **Balanced Nutrition**
- Physical Activity
- Mindfulness Practices
- Experiencing Nature
- Mental Healthcare



Take a moment to reflect on what resonates with you.



What do you already do?



What might you try?

THANKS AGAIN.