

# Self Care

## RESILIENCE STRATEGIES DURING STRESSFUL TIMES

at  
**HER  
BEST**

### WHAT YOU EAT, WHEN YOU EAT AND HOW MUCH YOU EAT

will affect your energy tank that fuels you throughout the day. Whether they are packed with carbs for readily available energy, or fiber and protein for a slower release of energy, these foods can help increase your power and stamina. Packed with significant amounts of nutrients, including vitamins, minerals and antioxidants, incorporating these foods into your diet is a great place to start. Buy a variety of fresh, frozen, canned or ready to eat and consider combining them for a one-two punch!

#### FRUITS

- Bananas
- Apples
- Goji berries
- Oranges
- Strawberries
- Avocados
- Frozen mixed berries for easy shakes

#### GRAINS

- Brown rice
- Quinoa

#### VEGGIES/BEANS/LEGUME [FROZEN]

- Dark, leafy green vegetables
- Sweet potatoes
- Edamame Beans [canned]
- Stir-fried veggies
- Lentils
- Seeds
- Beets
- Nuts

#### DRINKS

- Coffee
- Water
- Yerba Mate
- Green tea

#### TREATS

- Dark Chocolate
- Popcorn

#### MEALS/SNACKS

- Oatmeal
- Mixed salad greens
- Whole grain cereal
- Whole grain pasta
- Nut Yogurts
- Hummus