Pillars of Well-being: Build Resilience

Support your body and Mind

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Wellness Journey: Pillars of Well-being

We continue our explorations of the pillars of well-being – powered by traditional foods.

April is Stress Awareness Month so we're focusing on building resilience for improved long-term health. Learn tips to support positive outcomes of effective stress management and a path to improved well-being.

Sign up for a 1:1 nutrition session!
April 29th and May 1st
See the chat for today's session for more info

Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities

Objectives for Today:
Build Resilience to Support your body and mind

1. Understand how stress impacts well-being
2. Learn what foods help support mindfulness
3. Lifestyle habits that reduce stress
4. Create a mindset to commit to change
5. Set SMART Goals to build resilience

Chef Olive's demo
One-dish meal supporting the body & mind
Roasted Chicken and Vegetable Curry

BONUS: *Raffle prizes to reduce stress when cooking!*

Let's check in to see if we can get some tips to ***Build Resilience***

Understand how stress impacts well-being

Stress is a body's method to respond to challenges. The type and level of impact vary from one person to another.

Short-term
- Physical: Headaches, muscle tension, fatigue
- Emotional: Lack of appetite, anxiety, restlessness, lack of focus

Long-term
- Chronic health conditions: Inflammation, Diabetes, Heart Disease
- Depression

Are the impacts of stress always negative?

Polling question

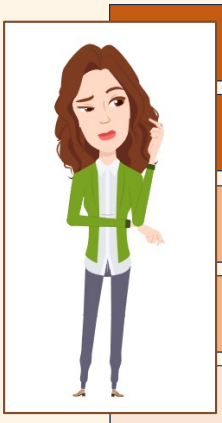
Does your stress typically trigger a change in your eating habits?

Multiple choice indicating the change

Please share in the poll

Learn what foods help support mindfulness

- Being mindful brings your attention to the task at hand and helps to block out distractions
  - Foods that take a little 'work' help you to be **attentive**:
    - Pistachios or other nuts in shells
    - Artichokes with the leaves
    - Edamame in pods
  - Foods rich in minerals help keep us **grounded**:
    - Iron – oysters, shellfish, liver, legumes, red meat, eggs, quinoa
    - Magnesium – avocado, dark leafy greens, nuts, seeds, seaweed
    - Zinc – oysters, sardines, beef, shiitake mushrooms, pumpkin seeds
  - Foods rich in healthy fats keep us **satiated and relax:**
    - Plant-based – avocados, cashews, walnuts, olives, coconut products
    - Animal-based – salmon, tuna, cheese, eggs, organic poultry and meats



Chat question

Do you have a go-to stress reliever you'd like to share?

Please share in the chat




Lifestyle habits that reduce stress

- Aside from nutrition, there are other categories of helpful habits:
  - Physical exercise
    - Reduce endorphins
    - Improves mood
  - Adequate Sleep
    - 7-9 hours
    - Establish a calming bedtime routine
  - Mindfulness Practices
    - Meditation
    - Deep breathing
  - Social Connections
    - Foster relationships
    - Community Involvement

'Cooking is my go-to stress reliever!'

Raffle Prize!

Get organized and reduce stress in the kitchen

Create a mindset to commit to change

- Awareness:
  - Recognize stress triggers
  - Can I avoid or diminish the impact? Or focus on a quick recovery?
- Acceptance:
  - Acknowledge stress is a part of life
  - Is this stress due to good things? A wedding? Or a promotion with a steep learning curve? Try to put it in perspective to recognize the BIG picture.
- Adaptability:
  - Develop a flexible approach to challenges
  - Plan time for the unexpected and have a plan B in the back of your mind
- Positive Thinking:
  - Embrace an optimistic outlook
  - ‘We can not direct the wind, but we can adjust the sails’ - anonymous

Set SMART goals to Build Resilience

Invest in yourself from the inside out!

✓ 2 goals to help you **Build Resilience**!

What do you want to share?

STOP! Sign up now

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Specific
Measurable
take **A**ction
be **R**ealistic
Time-oriented

About us

- Kitchen on Fire Cooking School
  - For the Home Chef in Berkeley & Oakland since 2005
  - Owned by Chef Olivier Said (founder) & Lisa Miller
  - Hands-on Cooking Classes, Events: In-Person and Virtual
  - Nutrition Education, Corporate Wellness, Individual Consulting
  - lisa@kitchenonfire.com

- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
  - lisa@oceanviewnutrition.com

Link to today's presentation, demo info and more
https://www.kitchenonfire.com/assetmark-the-pillars-of-well-being

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