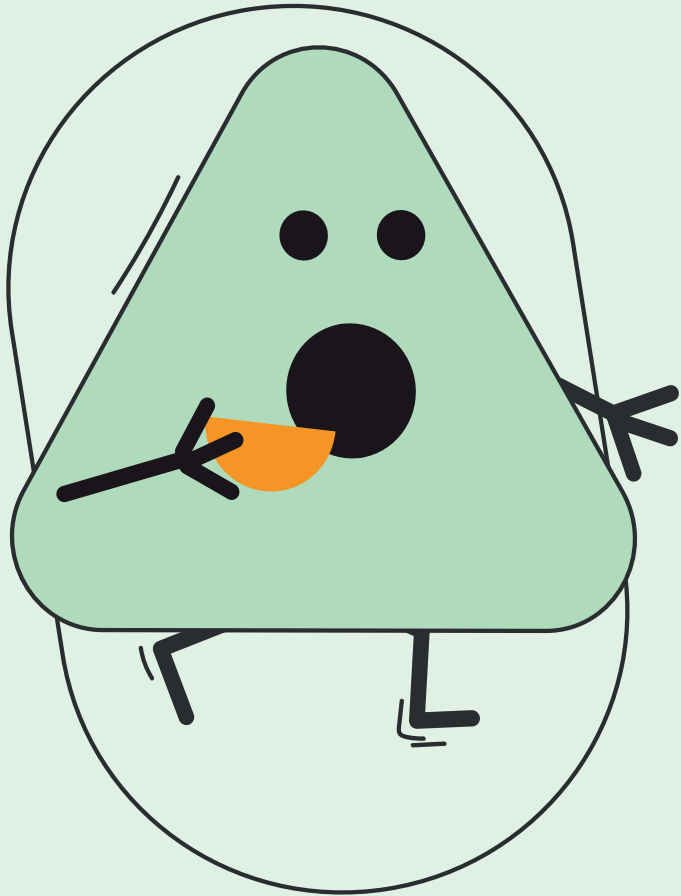


# IT'S VITAL THAT YOU EAT!



Find suggestions for  
your mental health  
support at [peaasi.ee](https://www.peaasi.ee)

## Suggestions for balanced nutrition:

- Eat fruit separate from other foods. Fruits digest faster. Otherwise you can overwhelm your stomach.
- Do a meat-free day!
- Try to eat slowly, focusing on the taste, texture and colours of the food!
- If you notice that you are a bit nervous or are having a hard time focusing, then ask yourselves if you are hungry? If that is indeed the case, grab a snack!
- Eating breakfast can help a lot with improving your diet!
- At night, put a glass of lukewarm water by your bedside. Your body may need it when it wakes up!
- It's getting warmer outside! Find a moment to enjoy a meal outside. Even better if you can do it with a friend!
- See if you have any ingredients that tend to go to waste. Maybe it's a good idea not to buy them anymore or better plan your meal prep.



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