

Reducing Sedentary Behaviour

Too Busy

When you're just too busy, it's really important to prioritise your nutrition to give you the energy you need to push through. Plan quick nutritious meals ahead and do one big shop to save time. It'll help you not to reach for the quick sugar high when you have to shop and cook at the last minute.

Highly Stressed/ Anxious

If you are experiencing high negative stress and/ or anxiety avoid foods that will stimulate you further, especially caffeine, in tea, coffee, chocolate and high energy drinks. To even out your energy eat slow energy release foods like complex carbohydrates, proteins and good fats.

Low Mood

This can manifest in different ways for different people. If you find yourself drawn towards comfort eating, maybe think about other ways that you could treat yourself, like a relaxing walk, or 15 minutes reading a book (whatever feels good for you). Maybe find some food treats that are more energising than the standard sugar laden fare.

Up & Down Energy Levels

In Bounceback there is already a high to low energy cycle going on as you push through a challenge (high energy) and go into recovery phase (lower energy) before the next challenge arises. So, what you definitely don't need is anything that adds to that roller coaster ride – such as yes you guessed it – sugar with its initial high peak and then the slump that follows! So, focus on evening out your energy levels, eating slow release energy foods that support you.

No Appetite

There may be times when you have little or no appetite. This might be because you are ill, or you are highly stressed and have high levels of adrenaline coursing through your body. If you are ill, then follow any medical guidance alongside your body's instincts when it is ready to eat. If you are highly stressed, eat what you can to get calories into your system, ideally focusing on high density calorific foods that are also nutritious such as raw nuts. If your lack of appetite continues for any length of time it is important to seek medical advice.