

Keep Your Brain Fed to Be Your Best Under Stress

These are ideas to help do better in court, at visits, during assessments, and in meetings. Research shows when you don't eat, you are more likely to be anxious, irritated, and say and do things that are not helpful. Eating protein **every 2-3 hours** during a stressful day keeps nutrients going to your brain, so you can stay calm and focused.

On a court/meeting/assessment/visit day, it is normal to feel upset, nervous, shaking, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. **It is important to eat breakfast.**

One way, to settle your stomach when you are not hungry and have not eaten is to drink some nutrients, such as

- Milk
- Juice
- Protein shakes: Muscle Milk or Odwalla are great examples

Protein is smart brain food. Foods that have protein in them are chicken, hamburger, pork, turkey, eggs, peanut butter, beans, tuna, and tofu. (See the next page for more ideas)

Be careful about drinking more caffeine or energy drinks than you normally drink. Extra caffeine can add to your anxiety, irritation or agitation.

Kid's brains need smart food also. Remember to bring protein to your visits for them too!

Eating anything is better than eating nothing, and protein helps you think and perform best.

Ideas for Smart Brain Foods for Court, Visits, Assessments, Meetings

Brain foods you can buy at QFC/ Albertsons / Safeway/ Grocery Outlet/ Winco are:

- Clif Bars
- peanut butter
- 1 tuna can
- Western Family Mac & Cheese (whey protein in cheese packet)
- Pepperoni
- Muscle milk/ CorePower/Protein Shakes
- 1 dozen eggs

Fast foods, gas stations, and food trucks:

- egg sandwich, hamburger, tacos, burritos, hotdogs
- chicken sandwiches, chicken nuggets

Food to Make at Home:

- Boiled Eggs - In a pot of boiling water let whole eggs boil for 8 minutes. Rinse in cool water. Peel shell to eat
- Peanut butter sandwiches
- Lunch meat sandwiches
- Chicken for chicken sandwiches
- Bean burrito with cheese
- Peanut butter with apple or carrots
- Canned Tuna with mustard as a sandwich

Bring a bottle of water to drink

*Remember: **Eating anything** is better than eating nothing, but consuming protein helps you **think and perform at your best.***