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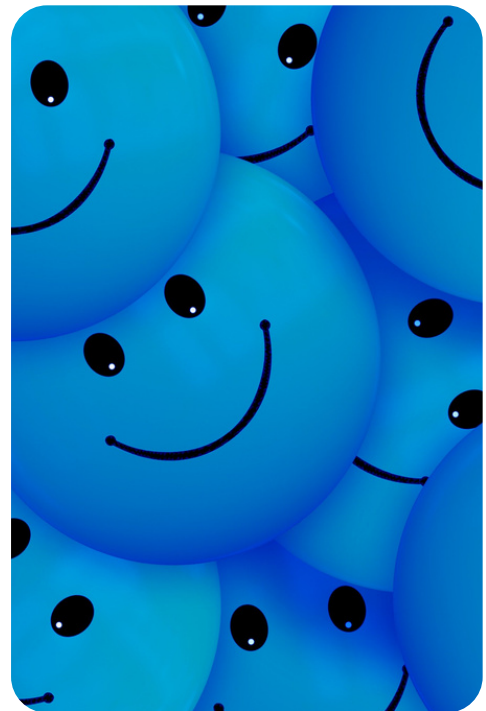
Functional Nutrition & Wellness

# Head to Heart Conversation

## STRESS, ANXIETY, ANGER = STRONG EMOTIONS

Your unmet needs could be....

1. Not confident
2. Not in control
3. Can't solve a problem
4. Unbalanced
5. Not rested
6. Performing under standard
7. Feel unsupported
8. Not having fun
9. etc



EMOTIONS are biological messengers from our genes.

Negative emotions signal unmet needs.



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# Head to Heart Conversation

## A word on STRESS triggering: Stress, Boredom & Emotional Eating

### Head to Heart Conversation

1) What need do I have that may not be met?

- Rest? Recharge?
- Nourishing Breath?
- Connection?
- Reflection time?
- Escape?
- Self Compassion?
- Distraction?

2) How and when might I meet the need?

