

Eating When You Have No Appetite

For days when you have no appetite and eating anything at all feels like a stretch.

WHEN TO USE THIS

Use this when you have not eaten in a while and cannot face the thought of food.

When did you last eat something, and what was it?

What is in the way right now?

- ☐ Nothing sounds good
- ☐ Feeling sick at the thought
- ☐ No energy to make anything
- ☐ Nothing in the house I want
- ☐ It feels like too much effort
- ☐ I forget until it is late
- ☐ Being upset takes my appetite
- ☐ Something else

Four things you could eat that need no cooking.

Easy beats impressive today. Cold food counts. So does toast.

1.

2.

3.

4.

Which one could you have in the next hour?

Something is not the same as nothing. On a day like this, something will do.