



FACES OF NUTRITIONAL PSYCHOLOGY

Story Practice Sheet

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Talia Daneshrad, MA
Director, Faces of NP

1. My Introduction

Include your name (first name only is ok!), city, or organization (if applicable). Describe who you are, what you do, and a little bit about yourself.

2. My Food Journey

Aim for 3-5 sentences. Reflect on how your diet has influenced your mental health and well-being. How has your eating evolved over time, and what motivated these changes?

3. What Helped?

Aim for 1-3 sentences. What resources or support have been most helpful in guiding your dietary choices and contributing to your journey? How did you discover these resources, and in what ways have they shaped your approach to improving your mental health through diet? Aim to share what you found hopeful and effective.

4. How I'm different today

Aim for 1-3 sentences. Have you noticed any changes in your mood or mental health since adjusting your diet? Can you describe these changes?

5. What challenges have you faced?

Aim for 1-3 sentences. What challenges have you faced in maintaining these dietary changes?

6. Advice for others

Aim for 1-3 sentences. For everyone reading your story, is there anything you wish you had known earlier or advice you would give?