

Neap.

Everyone deserves a little couch-time.



Eating to Improve Mood, Focus & Stress Tolerance

Presented by: Gabriela Rivera, M.S.
Functional Nutritionist



APOLLO ELEVEN
NUTRITION BY GABRIELA RIVERA

About Gabriela

- Functional Nutritionist
- Masters of Science in Integrative and Functional Nutrition
- PhD candidate
- In practice for 8 years
- Our mission at Apollo Eleven is to help individuals achieve optimal health through evidenced-based nutrition protocols and mindset therapies.



Today's Agenda

- **Why Your Brain Feels “Off”**
Brain Fog, mood swings, overwhelm
- **Focus + Energy Nutrition Basics**
Blood sugar balance + protein + hydration for mental clarity
- **Stress & Nervous System Support**
How to eat to feel calmer, more resilient, and less anxious
- **Brain Fuel Game Plan**
Drain foods vs. fuel foods + easy meals/snacks you can start today
- **Questions**

Poll #1

What is the #1 key to improving focus, mood, and stress tolerance through nutrition?

- A) More caffeine
- B) Skipping meals to stay “light”
- C) Stable blood sugar
- D) Eating less fat



260



Dislike



3



Share



Remix

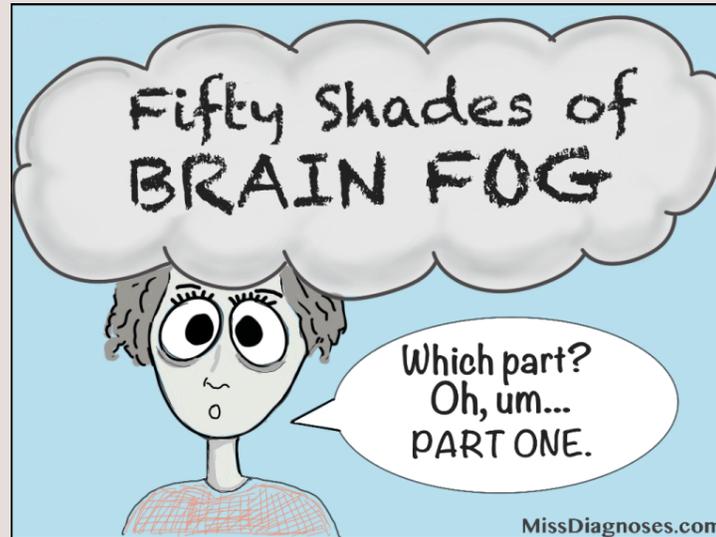
Nutrition for a Productive Brain

Eating to Improve Mood, Focus & Stress Tolerance



THE REAL PROBLEM

Your Brain is under-fueled!



Symptoms: Brain fog • Anxiety • Cravings •
Crashes • Low motivation

TODAY'S GOALS



By the end, you'll know how to:

- ✓ Improve focus + mental clarity
- ✓ Stabilize energy + mood
- ✓ Support stress tolerance
- ✓ Identify foods that drain vs. fuel

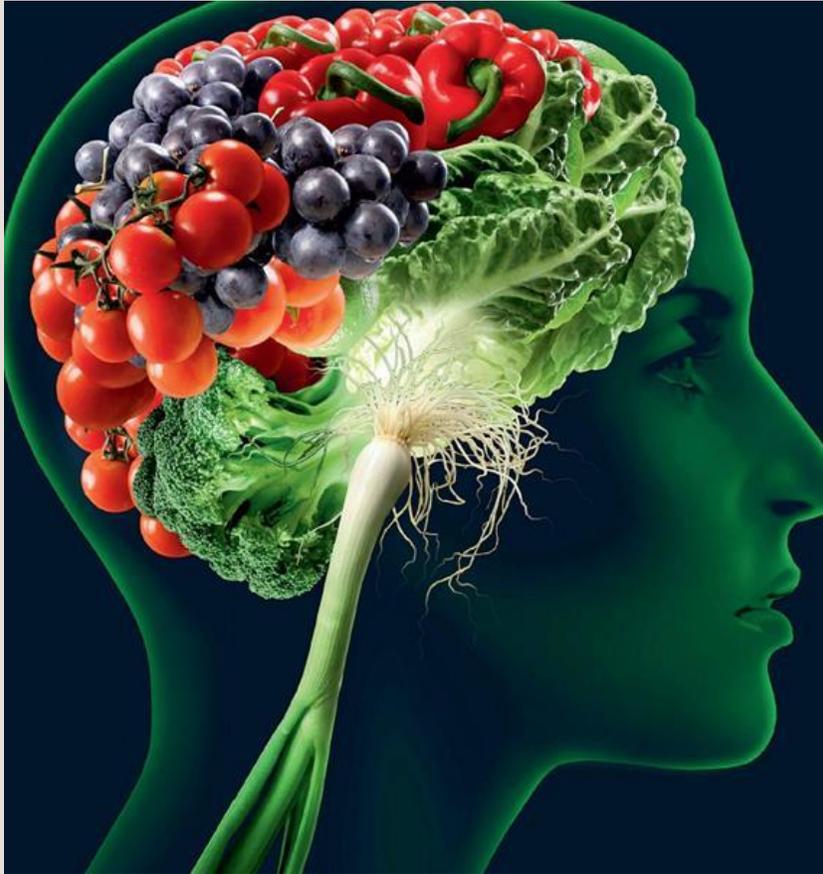


QUICK SELF-CHECK

Rate yourself (1–10):

- Focus today: _____
- Stress level lately: _____
- Energy stability: _____

Your Brain Runs on 3 Things



Fuel • Signals • Stability

- Fuel = nutrients + glucose
- Signals = neurotransmitters
- Stability = blood sugar + nervous system regulation

Poll #2

Which one uses the MOST energy?

- A) Your muscles
- B) Your brain
- C) Your skin

THE FOCUS FORMULA

Focus =

- > Steady blood sugar
- > Neurotransmitters
- > Hydration

Big focus killers:

- Sugar spikes
- Low protein
- Dehydration
- Caffeine-only mornings

Blood Sugar = Mood + Focus Remote Control

When blood sugar crashes:

- Anxiety increases
- Irritability increases
- Cravings spike
- Focus drops

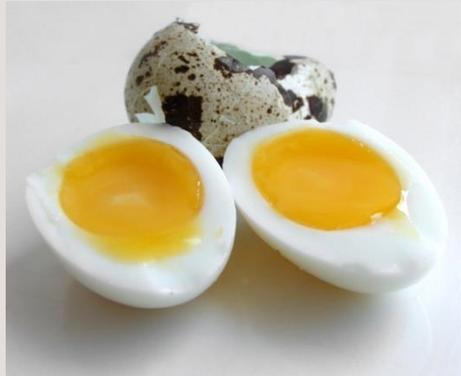
The #1 Upgrade: Protein at Breakfast



**Protein = stable mood +
stable focus**

**Goal: 25–35g protein within
1–2 hours of waking**

Easy High Protein Breakfast Ideas



- Greek yogurt + berries + chia
- Eggs + avocado + fruit
- Protein smoothie
- Cottage cheese bowl

Poll #3

What's most likely to cause a 2–4pm crash?

- A) Balanced lunch
- B) Soda + chips lunch
- C) Protein + fiber lunch

“Drain Foods” vs “Fuel Foods”

Drain Foods



Fuel Foods



Neurotransmitters

Your mood is a chemistry formula



- Dopamine = drive + motivation

- Serotonin = calm + contentment



- GABA (Gamma-Aminobutyric Acid) = relaxation

- Norepinephrine (aka Adrenaline) = alertness



Nutrients That Support a Calm Brain

Magnesium • B vitamins • Omega-3 • Vitamin D

Food sources:

- Salmon, eggs, leafy greens
- Pumpkin seeds
- Avocado
- Beans



Stress Tolerance Starts in the Nervous System



When stress is high,
your brain wants:

- Quick carbs
- Caffeine
- Comfort foods

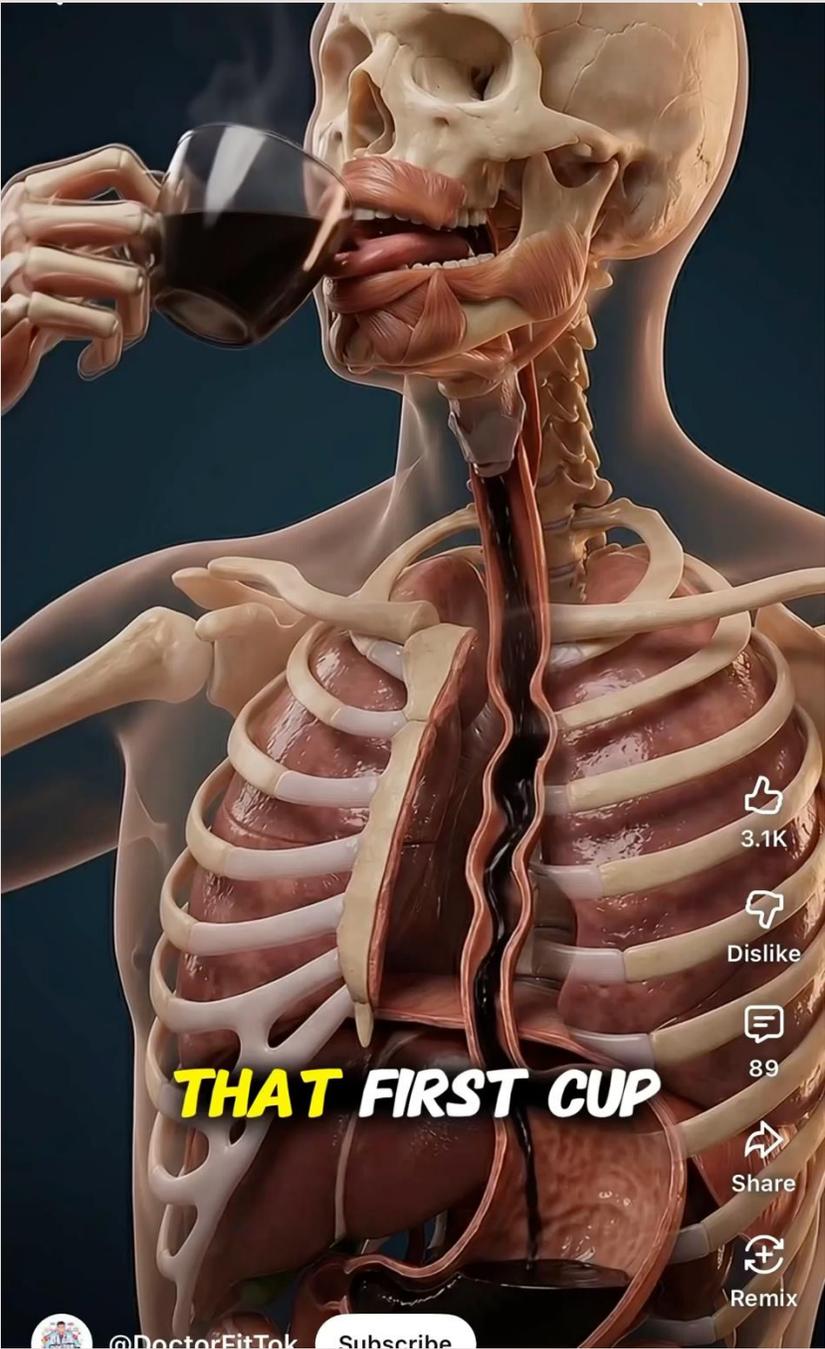
Caffeine: Friend or Frenemy?



Caffeine can:

- ✅ increase focus
- ❌ increase anxiety (if under-fueled)

Rule: Never caffeine on an empty stomach



Hydration = Mental Clarity



Even mild dehydration can feel like:

- Fatigue
- Headaches
- Low motivation
- Brain fog

Minerals Matter (Electrolytes)

Key minerals for the brain:

- Sodium
- Potassium
- Magnesium



Easy options:

- Mineral water
- Salt + lemon water
- Coconut water

The Mood-Stabilizing Plate

Every meal needs:

1. Protein
2. Fiber
3. Healthy fat
4. Color



Poll #4

Which meal is most brain-supportive?

- A) Bagel + flavored latte
- B) Chicken salad + olive oil + fruit
- C) Granola bar + energy drink

What to Eat When Overwhelmed

When stress is high, simplify:

- Protein + fruit
- Smoothie with protein
- Soup + protein
- Rice + meat + veggies



Brain-Saving Snacks



Pick 2–3 and keep them on repeat:

- Greek yogurt + berries
- Beef/turkey sticks + fruit
- Hummus + veggies
- Protein shake
- Nuts + fruit



The “Crash-Proof” Workday Routine



Morning: protein + hydration

Midday: balanced lunch

Afternoon: snack + walk

Evening: protein + carbs + calm

Burnout isn't always workload... it's also:



- Under-eating
 - Poor sleep
- Nervous system overload
 - Inflammation

Poll #5

If you're anxious + unfocused, what's the best FIRST move?

- A) Another coffee
- B) Protein + water
- C) Skip eating until dinner

3 Foods that Boost Brain Function



Fatty fish (omega-3)
Berries (antioxidants)
Eggs (choline)

3 Foods that Drain Your Brain



Sugary breakfast

Ultra-processed snacks

Alcohol during high stress weeks

Interactive: Build Your Brain Day

Choose one upgrade for each:

• Breakfast: _____

• Lunch: _____

• Snack: _____

• Hydration: _____

Your 7-Day Challenge

Pick ONE:

1. Protein breakfast 5/7 days
2. Add a brain snack daily
3. Hydration goal by noon
4. Build 1 brain plate meal/day

Key Takeaways

Your Brain Fuel Cheat Sheet  

✓ 1) **Stable blood sugar = stable brain**

Less anxiety, fewer crashes, better focus

✓ 2) **Protein is your productivity anchor**

Aim for **25–35g** at breakfast + include protein at every meal

✓ 3) **Build the “Brain Plate”**

Protein + Fiber + Healthy Fat + Color at meals to stay clear + calm

✓ 4) **Hydration + minerals improve mental clarity**

Water + electrolytes = better energy, fewer headaches, less brain fog

✓ 5) **Stress cravings are often nervous system signals**

Support your body first → cravings calm down naturally

QUESTIONS?



Access Your NEAP Benefits

Online:

- www.neelyeap.com company page
- Live CONNECT
- Balancy
- Use your company code from benefits flyer

24/7 Hotline: 866-212-6096

EAP Benefit Spotlight

NUTRITIONAL WELLNESS SERVICES

Wellness Resources



We are what we eat. Our food choices directly impact our mood, health, and energy levels. Maintaining a healthy and well-balanced diet can be challenging with a hectic schedule and family demands. Fortunately, our Nutritional Wellness Services can help you achieve your nutritional goals.

HOW CAN NUTRITIONAL WELLNESS SERVICES HELP ME?

Nutritional Wellness Services is a professional nutritional consultation service that can help you make positive changes in your diet and lifestyle. A Certified Functional Nutritionist will assess your eating habits, identify dietary concerns and answer questions to support your journey. Initial Consultation is complimentary.

AREAS OF EXPERTISE

Receive help from a Certified Functional Nutritionist on a variety of concerns including:

- Adrenal Fatigue
- Autoimmune Disease
- Gut Health
- Metabolic Syndrome
- Pre-Diabetes & Diabetes
- Weight Loss/Gain

KEY FEATURES

- Complementary initial consultation with a Certified Functional Nutritionist to assess your current eating habits and health status.
- 25% off all laboratory testing and nutritional packages.
- Access to HIPAA compliant mobile app with resources and private food journal.

To Participate in The Service Call: 830-255-7644

[Click here to schedule an appointment online!](#)



Nutrition for a Productive Brain

QUICK-REFERENCE GUIDE

FOCUS FORMULA



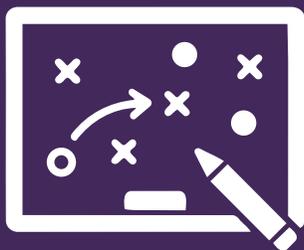
Daily habits that improve focus:

- Eat protein within 1–2 hours of waking
- Aim for 25–35g protein at breakfast
- Build meals with protein + fiber + healthy fat
- No coffee on an empty stomach
- Keep a high-protein snack ready to prevent crashes

Big Focus Killers:

- Sugary breakfasts (pastries, cereal, sweet coffee drinks)
- Skipping meals
- Caffeine-only mornings
- Dehydration
- Ultra-processed snacks

Brain Fuel Game Plan



Every meal = Protein + Fiber + Healthy Fat + Color

Brain Plate Examples:

- Chicken salad + olive oil + fruit
- Salmon + rice + veggies
- Eggs + avocado + berries
- Greek yogurt + chia + strawberries
- Turkey bowl + beans + salsa + greens

Hydration Reminder:

💧 Water helps your brain think.

🧂 Minerals help your brain function.

Try: mineral water, coconut water, or water + pinch of salt + lemon.

★Top 5★ Takeaways

- ✓ 1) Stable blood sugar = stable brain
- ✓ 2) Protein breakfast is your productivity anchor
- ✓ 3) Snacks should PREVENT crashes, not cause them
- ✓ 4) Hydration + minerals improve focus + mood fast
- ✓ 5) Progress > perfection — consistency wins

🧠7-Day Brain Boost Challenge🧠

Pick **ONE** for this week:

1. Protein breakfast 5/7 days
2. 1 brain snack daily
3. Hydration goal by noon
4. 1 Brain Plate meal/day

My 1 commitment this week:
