



EAP and
organizational
health

5 strategies to help you nourish to flourish

Notice how food affects you

Pay attention, without judgment, to how different foods influence your energy, digestion, and mood.

Feed your gut with fibre

Fibre supports digestion and nourishes beneficial gut bacteria for better overall health

Fuel with protein

Protein helps support muscle health, recovery, and keeps you feeling full longer.

Include fermented foods

Fermented foods provide probiotics that help support gut balance and overall well-being.

Support the mind-gut connection

Pair nourishing meals with calming habits to support both digestion and mood.

Available resources

Employee assistance program (Brio PAE) :

1-888-799 0303

Human resources :