



PLEASE BE AWARE THAT YOUR COMMENTS  
ABOUT **FOOD AND BODIES** MAY BE UNHELPFUL  
AND IN FACT **TRIGGERING** FOR SOME PEOPLE

As we all try to navigate a new normal with COVID in our world and return to shared spaces and work spaces it is helpful to know that changes in our bodies as a result of the acute trauma of a pandemic are very normal and expected.

This may be causing you distress and this is OK; please be mindful what you say in shared spaces and seek support as needed.

EAT LOVE LIVE

