



Your monthly dose of workplace wellness support



Brought to you by **Ki Health**  
Formerly CloudMD

Proper nutrition is a cornerstone of overall well-being, and its impact extends far beyond physical health—it influences energy levels, productivity, and even mental resilience. As HR leaders, fostering a workplace culture that prioritizes nutrition and well-being can help employees show up as their best selves, both personally and professionally.

This month, we're exploring the importance of nutrition and its impact on overall wellness, which in turn can reduce absenteeism and improve engagement across your organization. With practical insights and resources, we aim to empower you and your teams to make meaningful strides toward a healthier, more vibrant workplace.

## IMPORTANT UPDATE

CloudMD is now Kii Health! This new brand encompasses the breadth of our mental health and well-being solutions, which now include EFAP, Mental Health Support Services, Medical Care, Medical Specialist Connect, Occupational Health and Safety, Disability Management, Workers' Compensation Management and in the U.S. market - Remote Patient Monitoring. Our goal is to enhance clarity, accessibility, and connection across our services, ensuring that every interaction with Kii Health is as impactful as possible. You will continue to receive the same high level of service that you have come to expect with no disruption to your services.

To continue receiving your monthly newsletter without interruption, please be sure to add [community@kiihealth.ca](mailto:community@kiihealth.ca) to your contact list. We also recommend keeping [community@cloudmd.ca](mailto:community@cloudmd.ca) saved for now as we work through the transition. For more details about the rebrand, please check the communication that was sent out on January 16, 2025.

## "Ask an Expert" Events

Every month, we host an "Ask an Expert" event on a pressing health and well-being topic. Encourage your employees to attend so they can gain valuable insights on the topic of the month.

### **Nutrition and Well-Being**

*"I've recently noticed that my eating habits aren't great – I get busy and end up eating whatever's fast and convenient or not eating at all, and I'm worried about passing that on to my kids. But I'm kind of confused and overwhelmed and don't know where to start. What would good, healthy eating even look like?"*

These are the registration pages for the event on **February 12th**. Share the links to these pages in employee communications.

[REGISTER EN >](#)

### **Webinar Recording: Setting Effective Goals**

For our January Ask an Expert webinar, we heard from our expert about how to set effective goals and form healthy habits, including tips on how to choose goals you're most likely to make progress on and how to make your environment work in your favour.

[If you missed the event, watch the video here.](#)

## February: Nutrition and Well-Being

Trusted, expert-approved content to share with your employees through your newsletters, intranets, e-mails, and more. We offer this content in a copy/paste format so you can easily share it across your internal channels.

## **Friend, Fuel, or Foe: Navigating Your Relationship with Food**

Food occupies a central role in our lives – it affects how we see and feel about ourselves, how we connect with others, how we celebrate and carry our cultures forward, how we structure and fill our days, how we perform, and how many turns around the sun we get. It also dramatically affects our quality of life, with countless studies demonstrating the effect of diet on both physical and mental health.

Clearly, a lot depends on what we put on our plates – and *that* depends a great deal on how we *feel* about what we put on our plates. For many of us, the relationship is a complicated one.

Let's talk about how you can navigate and improve your relationship with food.

### **What Does a Healthy Relationship with Food Look Like?**

Many different factors shape our relationship with food. Our habits, choices, beliefs, and feelings about food are influenced by things like:

- Our genetics and biology.
- The behaviours we saw and the messages we were taught (directly or indirectly) by our caregivers, peers, and social, cultural, and religious groups growing up.
- The media and advertising we consume.
- Our financial means.
- Where we live and the kinds and quality of food available to us.
- Our physical, mental, and emotional states.

Suppose we're lucky (or very intentional). In that case, these influences can come together in positive ways to produce a healthier relationship with food, one that involves focusing on nutrition and nourishment in a flexible, self-aware, and balanced way that doesn't include a lot of guilt, shame, or restriction.

This type of relationship is one that is described and fostered by what's called *intuitive eating*, an approach to food and food choices that research has shown is associated with better psychological well-being, less disordered eating, and, in some cases, better physical health. It involves things like:

- Tuning in to your body's cues by recognizing when you're hungry, what you need to refuel, and when you're full.
- Trying to see yourself as a person of value regardless of what you snack on or see in the mirror and separating your fundamental self-worth from your food choices.
- Being thoughtful rather than impulsive, compulsive, or rigid about those food choices and eating based more on physical needs rather than purely emotional ones.
- Having a reasonable sense of what has more nutritional value and should be prioritized in your diet, without having strict rules about what you can and can't ever eat or about what foods are 'good' or 'bad' (note that the latter doesn't necessarily apply to sensory sensitivities or food aversions).

*A side note:* Why are strict rules and labels about food unhealthy? Restriction can lead to either not getting enough to eat or not getting enough variety in your diet. It's also unsustainable – there's often a rebound effect where we inevitably crack and buck those rules, contributing to yo-yo dieting and physiological processes that throw the digestive system and your metabolism out of whack. Those rules and labels also tend to creep and spread to neutral and even healthier foods, either amplifying restriction to the point that it's physically dangerous or further reinforcing a restrict-binge cycle.

### **Signs of an Unhealthy Relationship with Food**

Many of us may, on the other hand, recognize ourselves more on the other side of things – having a more complicated, less healthy relationship with food. Some signs to look out for include:

- Experiencing a lot of shame or guilt around food or certain food choices.
- Being preoccupied with food, spending a lot of time thinking or worrying about food choices.
- Being excessively rigid or obsessive about calorie counting to the point that food becomes a source of distress or that you miss out on things you value.
- Experiencing a lot of distress around food and body image.

- Feeling out of control around food.
- Emotional eating – eating when you're bored, sad, upset, or stressed.
- Having rigid rules around food and restricting yourself excessively.
- Excessive, rapid, or unsustainable changes in weight (due to volitional eating behaviors, not due to a medical condition or other causes).
- Engaging in behaviours to punish, correct, or compensate for food choices (e.g., excessive gym time, extra workouts, laxatives, vomiting, excessive supplements, etc.)

While these signs are common, they're important to address sooner than later. They may, especially if chronic, severe, or worsening, indicate a pattern of behaviours that can put you at risk of developing an eating disorder or other medical concerns.

### **Tips for Building a Healthier Relationship with Food**

To start building a healthier relationship with food, consider the tips below.

- **Spend some time noticing and reflecting on your current relationship with food.** What function does food serve in your life? Is it a source of anxiety, distress, disgust, comfort, connection, reward, nourishment, energy? What lessons did you learn about what and how to eat growing up? Are you flexible about food, or do you feel hemmed in by the rules you've set up? What do you want food to mean in your life?
- **Slow down and be curious.** Try to slow down and tune in to your body. Try to notice different signals – what does it feel like when you're really hungry? What does it feel like when you're bored, sad, lonely, or stressed? What does it feel like when you're full or *too* full? What do different foods feel like when you eat them? Do the same thing when you're eating – slow right down, remove distractions, and notice the sensations and the experience of eating (sights, smells, tastes, sounds, textures), as well as how your body feels. This will help you start to tune in to what your body really needs.
- **Be intentional.** Try to be thoughtful and intentional about what, when, and why you eat. When you feel a craving, reflect on where it is coming from – is it a

physical or emotional need? If it's the latter, reflect on how else you can meet it.

- **Challenge yourself (gently).** If you have a lot of rules around food, start to gently challenge them. This can be very challenging, especially at the start – eating foods you once labelled as “bad” can trigger discomfort, guilt, shame, and distress. Remind yourself of *why* you want to let go of those rules and chip away at them slowly.
- **Manage your expectations.** Changing your relationship with food can take time, and it definitely takes effort. Be patient and consistent, setting clear and realistic goals about how you want to do things differently. For example, if you find that your beliefs, attitudes, or emotions around food are primarily negative, don't expect to immediately find joy, pleasure or peace in your meals. Instead, start by aiming to feel *neutral* about food.
- **Consult with a dietician.** This can be extra helpful, especially if your relationship with food has always been complicated or if you've done a lot of dieting in the past, as your body's natural cues for hunger or fullness may be a little mixed up or hard to interpret. It may be difficult to get a sense of how much your body needs to eat or what it needs to eat to feel energized, satisfied, and healthy. A licensed dietician can help you figure out your body's signals and can tailor their recommendations to your specific needs and circumstances.
- **Consult with a psychologist.** If you're feeling stuck in your current relationship with food, find yourself having a hard time being less restrictive or, conversely, have a hard time regulating how you eat, or if you're noticing some of those signs of an unhealthy relationship with food, reach out to a licensed mental healthcare provider, like a psychologist. They can do a thorough assessment and support you in shifting your relationship with food.

Next to your relationship with yourself, the one you have with food is most important to nourish your health and well-being. If you need any support in building or changing that relationship, don't hesitate to reach out – both dieticians and mental health professionals may be available through your EAP .

For more information on eating disorders and eating disorder resources, <https://nedic.ca/>.

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## 2025 Webinar Calendar

[Click here to download](#) our full webinar calendar for 2025. We encourage you to register yourself and share with your employees to encourage them to participate in these insightful sessions.

# 2025 Content Calendar

Our 2025 content calendar is now available! [Click here to download it now](#). Please note this calendar is designed to support you with your internal communications and planning; it is not intended for distribution.

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