



Week 1 Handout:

The Importance of Balanced Blood Sugar

Most people think of blood sugar balance only in terms of physical health—but it plays a huge role in how calm, focused, and emotionally steady you feel each day. When blood sugar rises and crashes, your body goes into “stress mode.” That can make anxiety worse, heighten reactivity, and drain your energy. When blood sugar is stable, your mind and body feel more grounded, resilient, and clear.

The Connection Between Blood Sugar & Your Emotions

Mind, Mood, Body

Benefits of Balanced Blood Sugar

Anxiety and Reactivity

Rapid drops in blood sugar trigger stress hormones like cortisol and adrenaline. This can feel like anxiety: racing heart, irritability, shakiness, or panic. Keeping levels steady prevents unnecessary stress responses.

Emotional Regulation

Balanced blood sugar means your brain has a steady flow of fuel (glucose). That steadiness supports calmer moods, reduces “emotional rollercoasters,” and makes it easier to pause before reacting

Focus and Mental Clarity

The brain runs on glucose. Extreme highs and lows disrupt concentration and memory. Balanced levels help you stay clear-headed, present, and productive

Energy and Stamina

Blood sugar spikes may give a quick energy rush, but the crash that follows leaves you tired, foggy, and craving more sugar or caffeine. Stable blood sugar means consistent energy you can rely on

Physiological Signs of Imbalanced Blood Sugar

Imbalanced (High or Low) Blood Sugar	Anxiety	Depression	ADHD Symptoms (case and situation depending)
Rapid Heartrate	X		
Rapid Breathing/Shortness of Breath	X		
Rapid Pulse	X		
Shaking/Dizziness	X		X
High Reactivity	X	X	X
Impulsivity	X		X
Blurred Vision	X		
Trouble Mentally Focusing	X	X	X
Fatigue/lethargy	X	X	X
Irritability	X	X	X
Brain Fog/Confusion	X	X	X
Rapid or Disorganized Thoughts	X	X	X
Avoidance/Isolation/Procrastination	X	X	X

WHY PROTEIN MATTERS

Protein slows down the digestion and absorption of carbohydrates.

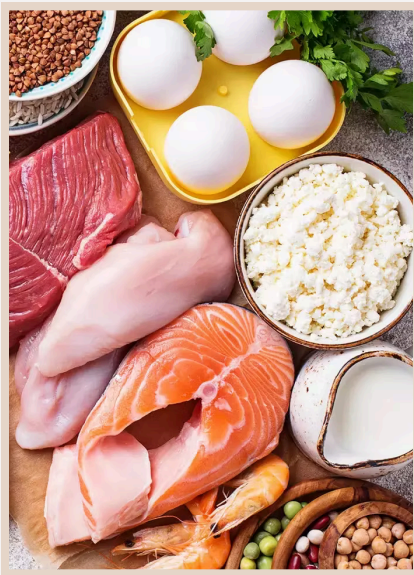
When eaten with protein, glucose from carbs enters the bloodstream more gradually, preventing sharp spikes and crashes in blood sugar.

Protein also stimulates the release of hormones (like glucagon) that help balance insulin's effects, keeping energy levels steady and reducing cravings.

Practical Ways To Keep Blood Sugar Balanced

- Eat something with protein within the first hour of being awake. Especially, if you drink caffeinated drinks in the morning (coffee, green tea, macha...)
- Prioritize Protein at each meal or snack—helps slow sugar absorption and keep you full.
- Pair Carbs with Fat or Fiber—this prevents spikes and keeps energy steady.
- Eat Regularly—long gaps between meals can cause dips that trigger stress responses.
- Stay Hydrated—dehydration can mimic low blood sugar symptoms like fatigue and irritability.
- Choose Whole Foods—minimize processed sugars that spike and crash quickly.

HIGH PROTEIN FOODS



- Eggs and egg whites
- Chicken, turkey, lean beef, pork
- Fish and seafood (salmon, tuna, shrimp, etc.)
- Greek yogurt and cottage cheese
- Cheese (in moderation)
- Beans and lentils
- Chickpeas and hummus
- Tofu, tempeh, edamame
- Nuts and seeds (almonds, walnuts, chia, flax, sunflower seeds)
- Nut butters (peanut, almond, cashew)
- Protein powders (whey, pea, hemp, etc.)
- Protein bars, powders, shakes
- Processed/packaged items with protein- (jerky, meat sticks, protein chips, protein bread, crackers, cookies). It's great to have these on-hand! Just know that natural whole food protein sources are preferred.



Regulated Mama TIP:

Do NOT go more than 3-4 hours without a protein snack

BONUS- regular protein jumpstarts your metabolism too!

The Big Picture

Balanced blood sugar is not just about nutrition—it's about emotional resilience. When your body and nervous system feel steady, your mind feels steadier too.

- **Less anxiety**
- **Fewer mood swings**
- **More focus and energy**
- **Better sleep**
- **Greater patience and calm in motherhood and daily life**



Hi Mama! Hypnotherapy for Empowered Motherhood/M.O. Hypnosis/The Importance of Balanced Blood Sugar/2025