

PROGRAM GUIDE:

CALM KITCHEN COMPANION



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Before You Begin: Why This Matters

Struggles with food are rarely just about food.

Yes, what and how you eat absolutely matter. So do your sleep habits, your relationship with alcohol, inflammation, and other biological factors I often explore with clients in my sessions and courses.

But there's often a missing piece—one that can silently sabotage your best efforts: your nervous system.

When your body is stuck in stress mode, it can affect everything from your digestion and cravings to your ability to pause and make intentional choices. You may know what to do, but still find yourself in the same frustrating patterns.

And this doesn't just show up at the table—it can begin the moment you walk into the kitchen.

If you often cook while overwhelmed, frazzled, or under pressure, your nervous system is driving the experience. That stress can dull your creativity, blunt your senses, and turn nourishing meals into rushed survival mode. Even the act of chopping vegetables or prepping a meal can become a moment of tension rather than care.

That's why this program focuses on nervous system awareness.

It's the piece many women have never been taught—but once you understand it, so much begins to shift.

These resources are designed to help you notice your state, regulate with compassion, and bring more presence to how you eat, shop, and cook. And if you're feeling called to dive into the whole picture—nourishment, biology, nervous system regulation, and real-life strategy—my 30-Day Craving Breakthrough course may be the next step for you.

[\[Click here to join the waitlist.\]](#)

You can also explore private coaching if you're ready for personalized support.

[\[Learn more and see what package fits best.\]](#)

Now, let's begin.

This is your invitation to slow down, reconnect, and experience food—and yourself—with more calm and clarity.

Understanding Your Nervous System Traffic Light

Why Your State of Being Shapes How You Eat and Feel

Most women don't realize they're living beyond their baseline capacity. Not in terms of ambition or how much they care — But in terms of nervous system tolerance, emotional space, and daily bandwidth.

You might find yourself rushing through routines, multitasking to the edge, or even overdoing “self-care” as another form of control. You're trying to manage how you feel. To keep it all together. But your system doesn't need more control—it needs space. Slowness. Compassion.

When you live in chronic survival mode, your body sends messages—often through your eating patterns.

You may find yourself saying:

“Why can't I stop this?”

“I'm doing all the right things... why isn't it working?”

I know this place well—I've lived in it. And yes, I still fall back sometimes. But what I've learned (and what I want to share with you) is this:

Living beyond capacity is like pouring tea into an already full cup. It spills over. We often call that a setback—but really, it's a message.

This interactive guide is your invitation to do things differently. To slow down. To tune in.

To create space for awareness—not just around food, but around the patterns that keep you stuck.

Because when you learn to recognize your *state*, you unlock your ability to *respond* instead of *react*.

And that changes everything.

The Nervous System Traffic Light

A Simple, Visual Way to Tune Into Yourself

Your nervous system is always communicating with you. But most of us weren't taught how to listen.

We're going to change that—starting now—with a simple tool I call the **Nervous System Traffic Light**.

Just like traffic lights guide us safely on the road, these “states” help you understand what's happening inside you, so you can navigate your day—and your eating habits—with more presence and compassion.



● **Green: Safe, Connected, and Regulated**

This is your rest-and-digest state. You feel grounded, open, curious. You can make thoughtful food choices, feel hunger and fullness cues, and enjoy connection with others.

It's not about perfection—it's about access to calm.

You might say: “I feel like myself here.”

● **Yellow: Activated, Anxious, On Alert**

This is your sympathetic nervous system—your mobilization state. You might feel rushed, edgy, restless, or easily distracted. You may reach for food to calm down, speed up, or avoid what you're feeling.

In this state, digestion slows, and you're likely to override signals of fullness or satiety.

You might say: “I'm wired, but tired.”

● Red: Shut Down, Frozen, Disconnected

This is your dorsal vagal state—often linked to overwhelm, exhaustion, or collapse.

You might feel numb, checked out, unmotivated, or heavy.

Eating can become a way to feel something—or to disappear into comfort.

Digestion is compromised, and your body's energy is focused on survival.

You might say: “What’s the point?”

You may shift between these states throughout the day. That’s normal. This tool isn’t about labeling where you are as “good” or “bad”—it’s about noticing.

Because once you notice, you can begin to respond with choice instead of habit.

Next up: I’ll guide you through an Audio Introduction that helps you begin recognizing these states in real time.

👉 Ready? Let’s gently begin to tune in.



Guide: Understanding Your Nervous System & How It Impacts Your Eating

A clear explanation of the nervous system states, the science behind them, and why awareness matters for mindful eating.

Your Nervous System Traffic Light: Green, Yellow, Red

Imagine your nervous system like a traffic light that guides your body and mind through daily life. Each color signals a different state—and knowing what each means can help you understand your eating habits and how to respond with kindness.

Green Light: Safe & Social Zone

“Go ahead, you’re safe to connect and nourish.”

This is your ventral vagal state—when your nervous system feels calm, grounded, and connected.

- You feel open, curious, and able to enjoy the moment.
- Your digestion is working well—enzymes flow, you absorb nutrients, and your body feels ready to nourish itself.
- Eating feels natural and enjoyable; you notice hunger and fullness cues easily.

Why you might be here:

You’re rested, supported, and in a place of safety—whether that’s physically, emotionally, or mentally. Your environment feels predictable enough to relax.

Eating in this state:

This is the ideal “green light” for mindful eating. You can truly savor food, listen to your body’s signals, and create a healthy relationship with eating.

Yellow Light: Caution, Alert Mode

“Slow down, something feels off.”

This is your sympathetic nervous system activation—the “fight or flight” or stress mode.

- You might feel anxious, tense, overwhelmed, or rushed.
- Your body is preparing to react or protect itself, so digestion slows or becomes inefficient.
- You may experience cravings for quick energy, salty or sugary foods, or feel like you’re eating on autopilot.

Why you might be here:

You could be juggling too many demands, feeling pressured, or dealing with an unexpected challenge. Your brain perceives a threat and signals your body to get ready.

Eating in this state:

Eating may feel rushed or automatic, sometimes leading to overeating or poor digestion. Your body is primed for action, not relaxation.

● Red Light: Stop, Danger Zone

“Pause, I need protection.”

This is your dorsal vagal state—your body’s way to protect you by shutting down or disconnecting when stress feels overwhelming or inescapable.

- You may feel numb, exhausted, spacey, or shut down.
- Digestion slows dramatically or pauses, as your body conserves energy.
- You might lose appetite, crave comfort foods, or eat mindlessly to “escape” from difficult feelings.

Why you might be here:

You’ve experienced chronic stress, trauma, or overwhelm that feels too heavy to manage. Your nervous system’s safety switch has flipped into survival mode.

Eating in this state:

Eating might feel like a disconnected or dissociative experience. You may use food to soothe numbness or overwhelm, or lose interest in eating altogether.



How Awareness of Your “Traffic Light” Can Help

- When you notice yellow or red lights, you can pause to use nervous system tools—like breathwork, grounding, or gentle movement—to shift toward green.
- Understanding where you are helps you choose how to eat with compassion, not judgment.
- Eating isn't just about food—it's about safety, connection, and self-care in your nervous system.

Be sure to listen to:

Nervous System Regulation Practices for Every State [[Listen Here](#)]

A targeted audio guide that helps you recognize and respond to the traditional nervous system states—green, yellow, or red—whether you're feeling overwhelmed, anxious, or already calm. Includes breathwork, grounding, and self-soothing tools to bring more presence to your meals.

And don't forget to use your:

Nervous System Check-In Worksheet [[LINK](#)]

A simple, step-by-step self-assessment you can do anytime, anywhere—to help you notice how you're feeling before you eat and guide yourself back to connection.

If this work speaks to you and you're ready for a deeper transformation, you're invited to:

✦ [\[Join the waitlist for the 30-Day Craving Breakthrough\]](#)
or

✦ [\[Apply to work with me privately\]](#) to explore the package that's right for you.

Let this be your soft entry into a new way of nourishing yourself—from the inside out.

Love,

A handwritten signature in black ink that reads "Cat". The letters are fluid and connected, with a long horizontal stroke extending from the top of the 't'.