



Food for Thought: How to Maintain Mental Wellness in the Chaotic World of School Nutrition

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March 15, 2025

About Dr. Robbie

- Counselor for over 30 years
- LPC in Virginia
- Graduate of PBA and RU
- Director of Counseling Services at Regent University since 2012
- Private practice and business owner
- Married 32 years with two adult sons
- Sports fanatic



My Story

1

Exhausting!

2

Always fighting the stereotypes

3

Can't make everyone happy

4

You SEE the ones not eating

5

Did I mention exhausting?



The Struggle is Real!

Under-
resourced &
underpaid

Overworked

Often
misunderstood

The cliches &
stereotypes





What About Those Stereotypes?

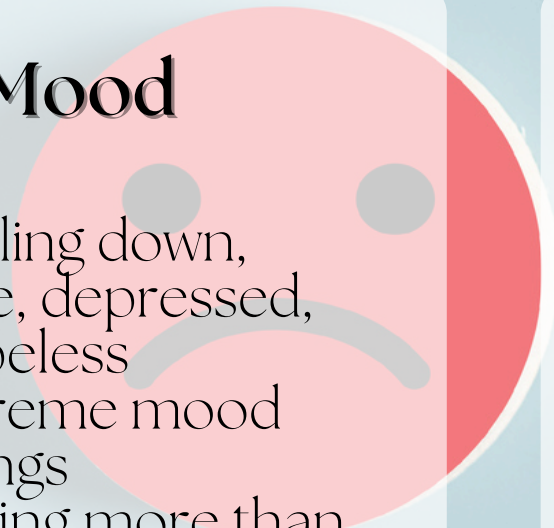


How Am I Doing?



Mood

- Feeling down, blue, depressed, hopeless
- Extreme mood swings
- Crying more than usual
- Amotivation
- Difficulty concentrating
- Suicidal thoughts



Anxiety / Stress

- Feeling overwhelmed
- Irritability
- Racing thoughts
- Getting “stuck”
- Difficulty concentrating
- Amotivation



Physiology

- Change in appetite
- Change in sleep patterns
- “Medical” concerns
 - Stomach
 - Headache
 - Pain



Personal

- Loss of interest in activities
- Deviation from routines
- Relationships suffering
- Declining work performance
- Friends/family notice changes



Taking Care of Yourself

- 1 “Listen” to yourself.
- 2 Listen to your “people.”
- 3 Know your limits.
- 4 Set boundaries.
- 5 Ask for help.



Mental Wellness



Sleep Hygiene



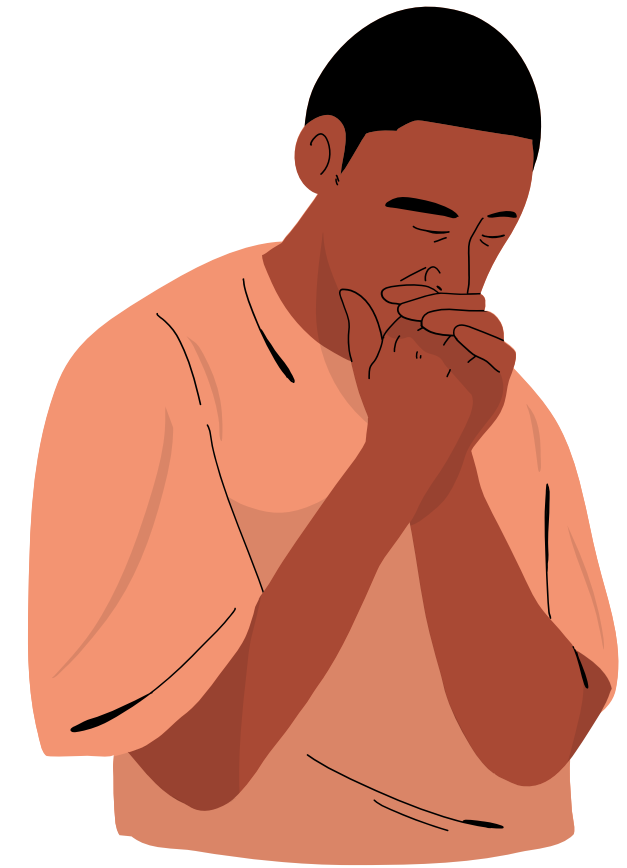
Healthy Diet



Exercise



Journaling



Spiritual Life

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Thank you!

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