

## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

Data collection Wormbase ([www.wormbase.org](http://www.wormbase.org), release WS285), Zeiss Zen (v2.0) software, Fiji software (v2.0.0)

Data analysis Data analysis was performed using:  
GraphPad Prism v9.5

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

All data are available in the main text or the extended data. Source data have been provided in Source Data.

## Human research participants

Policy information about [studies involving human research participants](#) and [Sex and Gender in Research](#).

Reporting on sex and gender

N/A

Population characteristics

N/A

Recruitment

N/A

Ethics oversight

N/A

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences       Behavioural & social sciences       Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Sample size was based on previous experiments and prior literature using similar experimental paradigms:

Reference for mitochondrial stress response:

K. M. Berendzen et al., Neuroendocrine Coordination of Mitochondrial Stress Signaling and Proteostasis. *Cell* 166, 1553-1563.e1510 (2016).

Reference for mitochondrial morphology:

L. T. Chen et al., Neuronal mitochondrial dynamics coordinate systemic mitochondrial morphology and stress response to confer pathogen resistance in *C. elegans*. *Developmental cell* 56, 1770-1785.e1712 (2021).

Reference for calcium imaging:

A. E. Palmer, R. Y. Tsien, Measuring calcium signaling using genetically targetable fluorescent indicators. *Nature Protocols* 1, 1057-1065 (2006).

Reference for measuring autophagy:

L. R. Lapierre et al., The TFEB orthologue HLH-30 regulates autophagy and modulates longevity in *Caenorhabditis elegans*. *Nat Commun* 4, 2267 (2013).

Data exclusions

No data was excluded.

Replication

All data were generated over multiple days and in triplicate, with all replication attempts successful.

Randomization

Experiments were not randomized and controlling covariates was not necessary. In all experiments, control vs. experimental samples were analyzed in parallel. For functional analysis, groups were allocated based on genotype, confirmed by PCR or based on fluorescent marker expression for rescue strains.

Blinding

Study was blinded unless mutant phenotypes were easily observable.

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

## Materials &amp; experimental systems

n/a	Involved in the study
<input checked="" type="checkbox"/>	Antibodies
<input checked="" type="checkbox"/>	Eukaryotic cell lines
<input checked="" type="checkbox"/>	Palaeontology and archaeology
<input type="checkbox"/>	<input checked="" type="checkbox"/> Animals and other organisms
<input checked="" type="checkbox"/>	Clinical data
<input checked="" type="checkbox"/>	Dual use research of concern

## Methods

n/a	Involved in the study
<input checked="" type="checkbox"/>	ChIP-seq
<input checked="" type="checkbox"/>	Flow cytometry
<input checked="" type="checkbox"/>	MRI-based neuroimaging

## Animals and other research organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research, and [Sex and Gender in Research](#)

## Laboratory animals

Caenorhabditis elegans hermaphrodites were used - see attached strain list for full details. The stage of animals imaged/analysed were L4 larvae. Hermaphrodites and males were used to generate new strains via crossing.

## Wild animals

The study did not involve wild animals.

## Reporting on sex

Hermaphrodites were solely used in our analysis.

## Field-collected samples

This study did not involve samples collected from the field.

## Ethics oversight

No ethical guidance was required as this was a C. elegans study.

Note that full information on the approval of the study protocol must also be provided in the manuscript.