



Overcoming Emotional Eating

Feel Your Feelings

- 🌻 Pause before eating and notice if you are truly hungry or if you are eating for other reasons.
- 🌻 Connect with your body through your breath and notice how your body feels. Where do you feel discomfort? Allow your feelings to come up.
- 🌻 Journal ~ Getting your feelings out on paper is so powerful for emotional eaters. Start with 5 minutes in the morning and/or evening and see what comes up...you might be surprised :)

Identify Your Triggers

- 🌻 Food journal -> Track the following every time you eat for the next 7-10 days.
 - Time:
 - Physical sensations:
 - What I ate/approx. how much (no need to measure or count) :
 - Did I overeat or undereat?
 - Thoughts/Feelings/Triggers:
- 🌻 Review your food journal (without judgement) and look for patterns and triggers that cause you to overeat or eat foods that you know may you feel crappy.

Be patient and kind to yourself...this is important!!