



An Emotional Eating Checklist

Everyone has hard days.

There's too much on your plate; demands are coming from all sides; you just don't feel as fabulous as you know you should. Suddenly, your thoughts fly straight to the foods that make you feel good.

This is the part of the story where you slow down. Take a deep breath. Now, exhale.

You deserve to feel whole, happy, and satisfied. But you won't find any of that in a plate of dark chocolate brownies or a bag of BBQ chips.

It's time to hone in on what you're really thinking, and figure out what you truly want in these moments.

Here are a few simple questions to help you compassionately deal with the tendency to use food instead of really experiencing what you're truly feeling.

Ask yourself...

"What am I actually seeking?"

Are you physiologically hungry?

Tired?

(Remember, it can be tough to fight off urges when your blood sugar is low.)

"Is there someone I can talk to right now?"

Call someone who makes you feel as good as a slice of pecan pie.

A best friend, a sibling, your partner, your parents, etc.

List three people you can connect with here:

"What other activities will make me feel awesome in this moment?"

Going for a run?

Swinging a hula hoop a few times?

Simply heading outside and breathing in the fresh air?

Include a few activities you can easily do right now:

"Have I moved my body today?"

It's time for a dance break!

Get your feet moving and grooving – even if it's just in your living room.

Write down your top three happiness theme songs, and let the party begin:
