## **Overcoming Stress Eating**

## Session #4

Source	s of Stress	In my control	Out of my control
How can I reframe this?			
Can I see this as an opportunity for growt	th, learning, excitement?		
What is the most effective thing I co	uld do right now?		
Actions I could take (brainstorm)			
Next action I will take			
What	When	Requirements	

