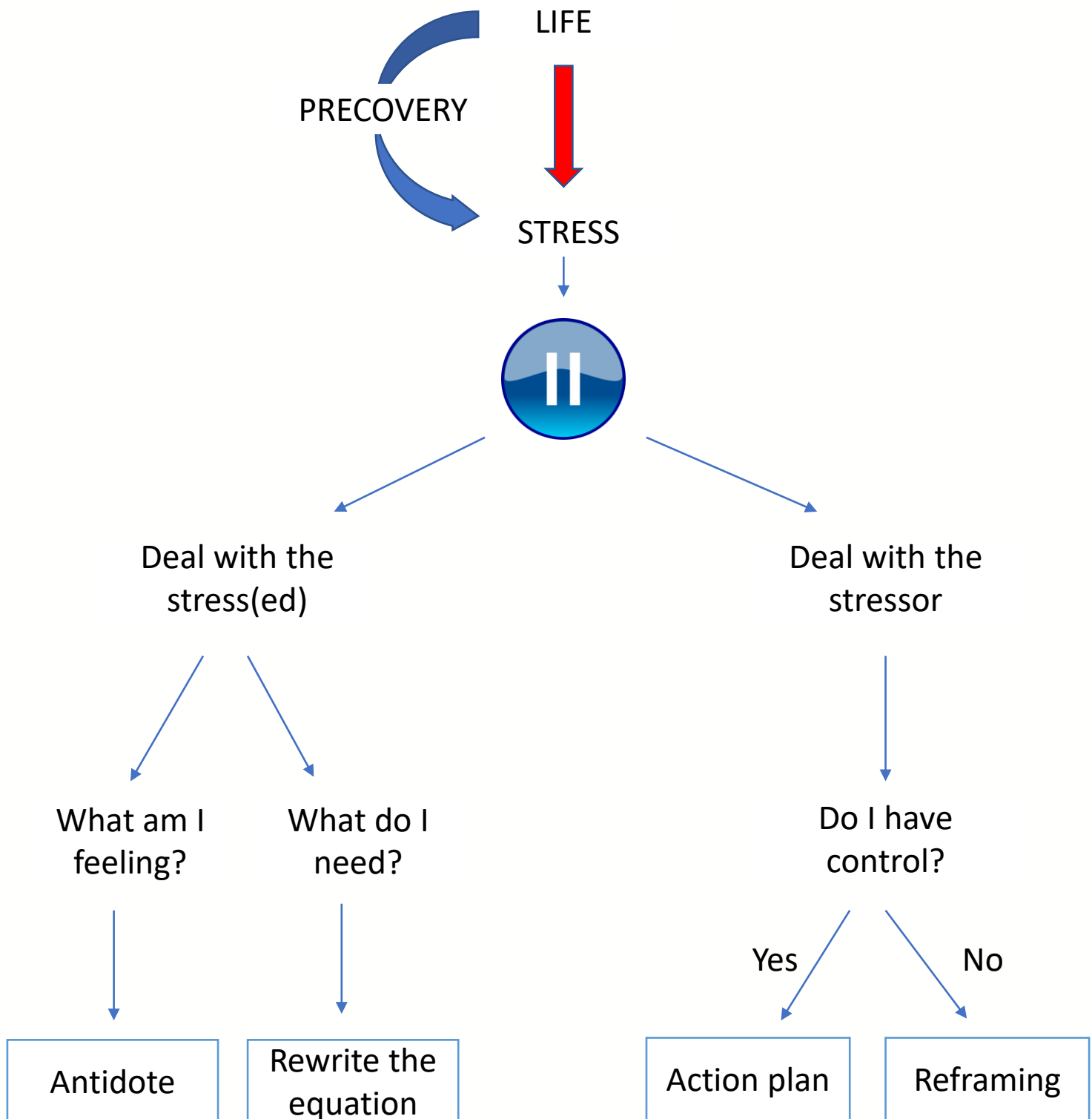


Overcoming Stress Eating



What is the most caring choice I am able to make right now?

Overcoming Stress Eating

Rewriting the Equation

~~Stressed = chocolate~~

1. Tense muscles = stretch
2. Thirsty = hydrate
3. Hungry = nourish
4. Tired = rest
5. Angry/keyed up = brisk walk
6. Nervous/jittery = deep breathing
7. Cold = sweater/hot beverage
8. Sad/lonely = connect
9. Bored/restless = engage
10. _____ = _____

Creating Cognitive Dissonance

[create your own questions, reflecting your personal goals and aspirations]

Do I want to be someone who _____?

Do I want to feel good about _____?

Do I want to be healthy enough to _____?

Do I care about _____?

Am I committed to _____?

Will eating this right now help me achieve any of those things?

Overcoming Stress Eating

Option A: Give into the Urge

How will it feel to satisfy this desire?

How long will that feeling last?

What might I feel next?

How long will THAT feeling last?

Option B: Choose not to Indulge

How will it feel to satisfy this desire?

How long will that feeling last?

What might I feel next?

How long will THAT feeling last?

My choice: