**2021 Email Campaign – Healthy Eating – Emotional Eating**

**Weekly Email Summaries**

Week 1: Eating Your Emotions

Do you know the difference between emotional and physical hunger? Spot the differences so you can determine if you are experiencing real hunger. Learn why food is so closely linked to our feelings, ways we use food to cope, and how to get a better handle on your emotions.

Week 2: Wired to Eat

Our brain chemistry plays a powerful role in the foods we crave. Discover what is going on in your brain when you eat certain foods and why stress increases cravings. Identify the emotional eating cycle and get ideas to begin breaking this cycle.

Week 3: Craving Comfort

Stress can increase our cravings for sweets, salty snacks, fatty foods, and alcohol. Consider healthy swaps to common comfort foods and learn about their benefits. A recipe alternative to mac ‘n cheese is also provided.

Week 4: Take Back Control

Take an inventory of the ways you practice self-care. Understand that food is only one way we care for ourselves, but there are often better ways to do this. Figure out how to give yourself what you *really* need!