



# EMOTIONAL EATING

*Know Your Triggers*

**1.**

**Listen to your cravings.**

Sometimes what you need isn't food at all!

**2.**

**Recognize impulses.**

Pause and breathe before you take a bite.

**3.**

**Test your hunger.**

A fruit or vegetable should do the trick!

**4.**

**Don't make food the reward.**

Practice self-care to comfort and nurture yourself.

**5.**

**Break the cycle.**

Substitute emotional eating with activities you enjoy.

