

EMOTIONAL EATING

Know Your Triggers

Listen to your cravings.

Sometimes what you need isn't food at all!

Recognize impulses.

Pause and breathe before you take a bite.

Test your hunger.

A fruit or vegetable should do the trick!

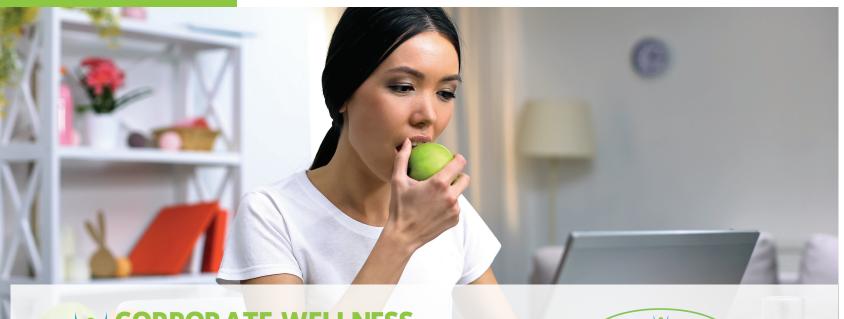
Don't make food the reward.

Practice self-care to comfort and nurture yourself.

Break the cycle.

Substitute emotional eating with activities you enjoy.

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