



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.

