

EMOTIONAL EATING

YOUR TOOLBOX

One of the keys to focussing on dealing with emotional eating and what can also be seen as 'self sabotage' is to create a toolbox of ideas and methods to enable you to cope with whatever life throws at you, and let's face it- life can throw LOTS of obstacles our way!

This programme is here to assist you with creating your toolbox so print it out, fill it out and keep it handy so that you can refer back at all times.

There is also a blank section to fill out any other emotions that you encounter but the key here is to know that NO food is off limits, it is just a case of learning when you are in control of your eating habits and when they are in control of you.

To use this guide, simply work through each emotion and work out the tools to fill your box that work for you. I have given you some ideas BUT this absolutely has to be true to you to work so whether that is meditating or going to a boxing class make it personal to you.

STRESS

Meditating Running Singing Yoga Write a list Time block and prioritise

DISAPPOINTMENT

Physical Exercise Put things into perspective Phone a friend Journal

HORMONAL

Have a bath Use essential oils Focus on self care Yoga
(Rosemary,
Frankincense,
Geranium are great)

SADNESS

Speak to someone Go for a walk Listen to a favourite song Write it all down

