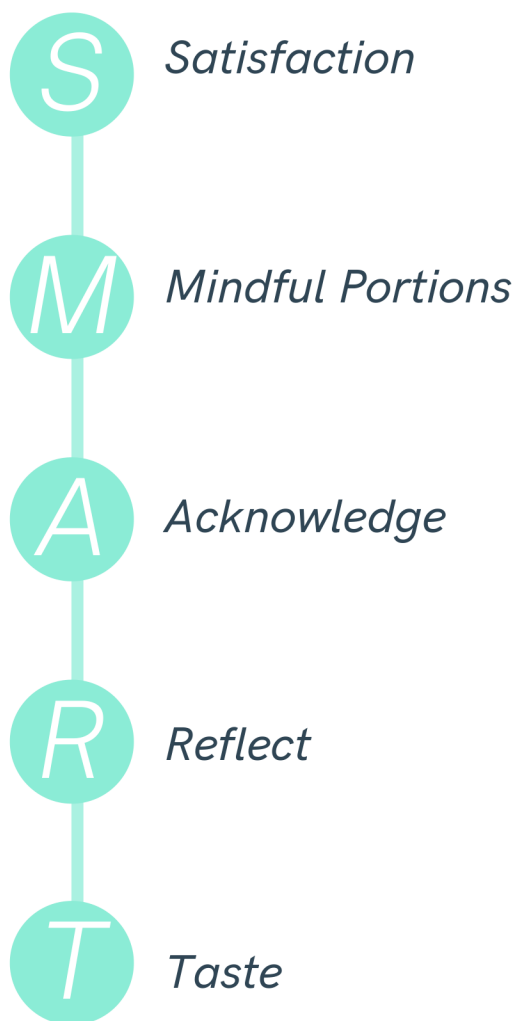




SASSYCOOKING.COM

Be Smart!

Follow SMART to eat with intention and logic over emotion.



This means to pick a food that will satisfy your hunger, in a proper portion. Acknowledge that you are taking the time to eat by focusing on that alone instead of eating while watching tv or doing another activity. Reflect on the choices you make, are they healthy? If not, could you make a better choice? Finally, slow down and really taste the food! Enjoy it without going overboard.

Your Path To Success

What Will This Workbook Teach You?

01

We will discuss the "why" behind emotional eating habits. Once you the reasoning behind the food choices you make, you will be better able to cope and avoid them. This includes identifying your triggers

02

You'll get so much clarity on how to set the goals you will need for success. There's only one catch though... you need to be an action taker to see results. If you are not naturally an action taker, then this is where you will learn how to create habits to achieve your goals.

03

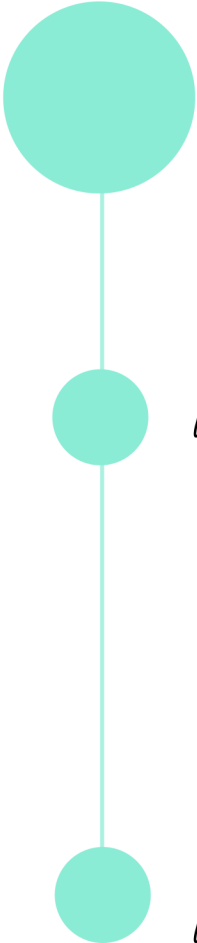
Learn the difference between being physically hungry and emotionally hungry. When you can recognize when your body actually requires fuel, it can help you regulate your eating habits.

04

Education is a big key to conquering emotional eating. Learn the healthier swaps that you can make in order to successful.

The Reason Why

What is the reason behind Emotional Eating?



Do you often find yourself eating when you're not hungry? Do you reach for food as a way to deal with your emotions? If so, you're not alone. Emotional eating is a common problem that many people struggle with. But don't worry, there is hope!

What Is Emotional Eating?

Emotional eating is a mental condition in which you eat out of boredom, stress, or anxiety. This condition can lead to temporary weight gain. Some people eat when they are stressed because they are unable to cope with their emotions. Other people use eating as a way to cope with boredom.

Why Do You Eat With Your Emotions?

The presence of negative emotions may create a sense of emptiness or a sense of emotional void. People believe that food is a way to fill that void and create a false sense of "fullness" or temporary wholeness. There's a reason it's called "Comfort Food", and everyone has experienced it at some point.

Food and Mood Journal

By keeping track of the who, what, where, when, why and how of your daily food intake, you can identify what your triggers are for emotional eating!

When Was This?	What Did You Have?	Where Were You?	Who Were You With?	Why Did You Choose That?	How Did You Feel After?	Reflect on Your Choice

Food and Mood Journal Reflection

After a few days of tracking your foods, look at the patterns. What triggers are you seeing for less than ideal choices? When are you snacking out of boredom and what could you do instead?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

Fighting your Triggers

What could you do to fight back against your emotional triggers?

Trigger:

Solution:

Emotional vs Physical Hunger

How can you tell the differences between them?

Emotional Hunger	Physical Hunger
A craving for a specific food, especially refined carbs or sugary snacks!	Physical hunger is satisfied by any food, allowing for healthier choices like fruits or vegetables
Frequent or urgent feeling associated with foods.	A more gradual intensity of hunger.
"Binge" style of eating, eating past the point of fullness or until everything is finished. For example, mindlessly finishing off a large bag of chips while watching television.	Eating intentionally and more focus with portion control. More likely to know when to stop rather than eating everything at the same time.
Emotional hunger tends to be more about your thoughts and feelings about flavors or foods you can't get out of your head.	Physical hunger can be felt in the stomach with grumbling, growling or even pain.
Unhealthy choices with emotional hunger can lead to feelings of guilt or shame.	Balanced choices to satisfy physical hunger often will not provoke an emotional reaction.
Often occurs during periods of boredom, or when your body is in "auto pilot" such as watching television, working, driving, etc.	Associated more with timing in between meals and your physical activity.

Interview Your Hunger!

Before indulging in your cravings or reaching for a snack, ask yourself...

01

Am I hungry or eating out of habit?

02

Am I looking for comfort or fuel?

03

What am I feeling right now? Hungry, Angry, Anxious, Lonely, Tired?

04

Why do I want to eat this right now?

05

How will I feel after eating this meal?

06

What will I feel like if I choose not to eat this?

07

*Is there something I can do instead of eating this?
What could I be doing instead?*

08

*If this is an emotional eating choice, can I portion it out to
satisfy the craving without being overly unhealthy?*

Healthy Swaps!

We all have cravings, here's a healthy way to satisfy it with a healthier choice.

**When Emotional Hunger
Craves:**

Try This Instead!

Potato Chips

Kale Chips

Ice Cream

Berries and whip cream