

# HOW TO DEFEAT YOUR CRAVINGS!

No matter how hard you try or how enjoyable your food is, what's it with these constant cravings? Here is what I learned over the years and how to actually defeat your cravings.



## Become aware.

When we crave food, it's not always because we're physically hungry. Step one begins with us looking past the craving. What are the underlying emotions and triggers? Boredom? Sadness? Anger? This is crucial to address.



## Allow yourself to crave.

It's important to learn how to create space between the feeling and the impulse. It'll take practice but allow yourself to feel the cravings and learn how to not immediately act on them.



## Create a new way to handle cravings.

This only works if you can address the underlying issues of your cravings. Now is the prime time to teach yourself a new habit. What will you do to curb your cravings? Go on a walk? Drink a glass of water? Call a friend?



## Give yourself grace.

Habits can be hard to undo and in a culture that teaches us to act on our feelings without thinking, it doesn't make this easier. Take it one day at a time. You were not made to be perfect so be gentle to yourself.