Improving Your Relationship with Food

Let's Take a Closer Look

Read the following statements. If you check any, then it is time to dig deeper because these show us that you may be turning to food for emotional reasons or due to stress.

CHECK ALL THAT APPLY

- [ ] I snack even if I am not hungry.
- [ ] I eat in reaction to tension, stress and depression.
- [ ] I eat in reaction to boredom
- [ ] I eat to take my mind off other problems.
- [ ] I overeat when alone.
- [ ] I crave sweet foods or salty/crunchy foods when I am stressed.
- [ ] I wake in the middle of the night and eat and do not remember and instead find wrappers or crumbs.

TRACK YOUR DAYS

I will take a moment before I eat to ask myself... what do I need? Remembering, it may not be food.

SUNDAY	☐	I did it!
MONDAY	☐	Way to go!
TUESDAY	☐	Living the life!
WEDNESDAY	☐	Rock star status!
THURSDAY	☐	Mission accomplished!
FRIDAY	☐	I am getting in the groove!
SATURDAY	☐	Ain't no stopping me now!

MY GOAL

I will create a healthier relationship with food by prompting myself before I eat to discover what I really need.

☐ yes! I did it! ☐ next week I will definitely nail this goal!