

# EMOTIONAL EATING

When you take care of your needs (Physical, Spiritual, Mental, Social, and Emotional), you no longer need food to fill those voids.

## QUESTIONS TO ASK YOURSELF:

1. **Am I Hungry?**
2. **How Do I Feel?** Bored, stressed, lonely, tired, etc.
3. **What Do I Need?** Stimulation, sleep, social interaction, a release, etc.

### TOP REASONS I EAT WHEN NOT HUNGRY

1.

2.

3.

### WAY TO FILL THIS VOID AND RESTORE BALANCE

1.

2.

3.

## \*\*BRAINSTORM ACTIVITIES THAT BRING YOU HAPPINESS WITHIN THESE TOPICS\*\*

Mental

Physical

Social

Creative

Music

Pampering

Nature/Animals