



EMOTIONAL EATING

Healing Your Relationship with Food

"Awareness is the first step to change."

MODULE 1

Health

Happiness

Community

Private Practice



YOUR NAME

Dr. Brown fervently advocates that we hold power to extend our lives, elevate our health, and amplify our happiness by embracing simple lifestyle modifications and nurturing our bodies with real, wholesome food.

Dr. Brown stands at the forefront of health coaching and functional medicine, championing an integrated approach that concentrates on stress management, nurturing healthy sleep patterns, and leveraging the therapeutic power of food. This holistic method fosters longevity, energy, mental acuity, happiness, and a plethora of other health benefits.

As an active practicing physician, Dr. Brown's influence extends beyond the clinic. She is an internationally acclaimed figurehead, speaker, educator, and advocate in the realm of Functional Medicine, commanding respect and recognition for her insightful contributions.

THIS IS YOUR BIOGRAPHY

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WELCOME TO WEEK ONE

Welcome to Nourishing Peace

- Topic: Understanding Emotional Eating
- Goal: Build awareness of what emotional eating is and how it shows up in your life



WHAT IS EMOTIONAL EATING?

- Eating in response to emotions rather than physical hunger
- Common emotions: stress, sadness, boredom, loneliness, anxiety, even happiness
- Food becomes a coping mechanism—not just nourishment



PHYSICAL VS. EMOTIONAL HUNGER

Physical Hunger	Emotional Hunger
Builds gradually	Comes on suddenly
Can wait	Feels urgent
Open to many food options	Craves specific comfort foods
Stops when full	Often leads to overeating
No guilt after eating	Often followed by guilt/shame



WHY DO WE EMOTIONALLY EAT?

- To soothe or avoid uncomfortable emotions
- Learned behavior from childhood or culture
- Food temporarily numbs, distracts, or provides relief

*Emotional eating is not a failure—
it's a strategy that once served a purpose.*



COMMON TRIGGERS

- Stress & overwhelm
- Loneliness or isolation
- Boredom
- Unmet emotional needs
- Habitual cues (TV, end of the day, weekends)



HOW TO BEGIN NOTICING YOUR PATTERNS

- Start with **curiosity, not criticism**
- Ask:
 - “What was I feeling before I ate?”
 - “Was I physically hungry?”
 - “What did I really need in that moment?”.

JOURNAL PROMPT OF THE WEEK



Think of a time you ate emotionally.

What was happening around you and inside you?

- What were you feeling?
- What did the food do for you?
- What might you have needed instead?



WEEKLY PRACTICE

Keep a **Mood & Food Tracker**

- Write down when you eat, what you eat, and how you feel (before and after)
- Notice trends without judgment
- Goal: Become aware of the emotional triggers and physical cues



REFLECTION QUOTE

“You don’t need to control your emotions; you need to learn to listen to them.” – Unknown



WHAT'S NEXT?

Coming in **Week Two:**

The Emotions Behind the Eating

- How stress, sadness, and other emotions influence food choices
- Tools to begin separating emotion from behavior



WELL DONE

You are now ready to move on
to the workbook.