



EMOTIONAL EATING

Healing Your Relationship with Food

"Every craving has a story."

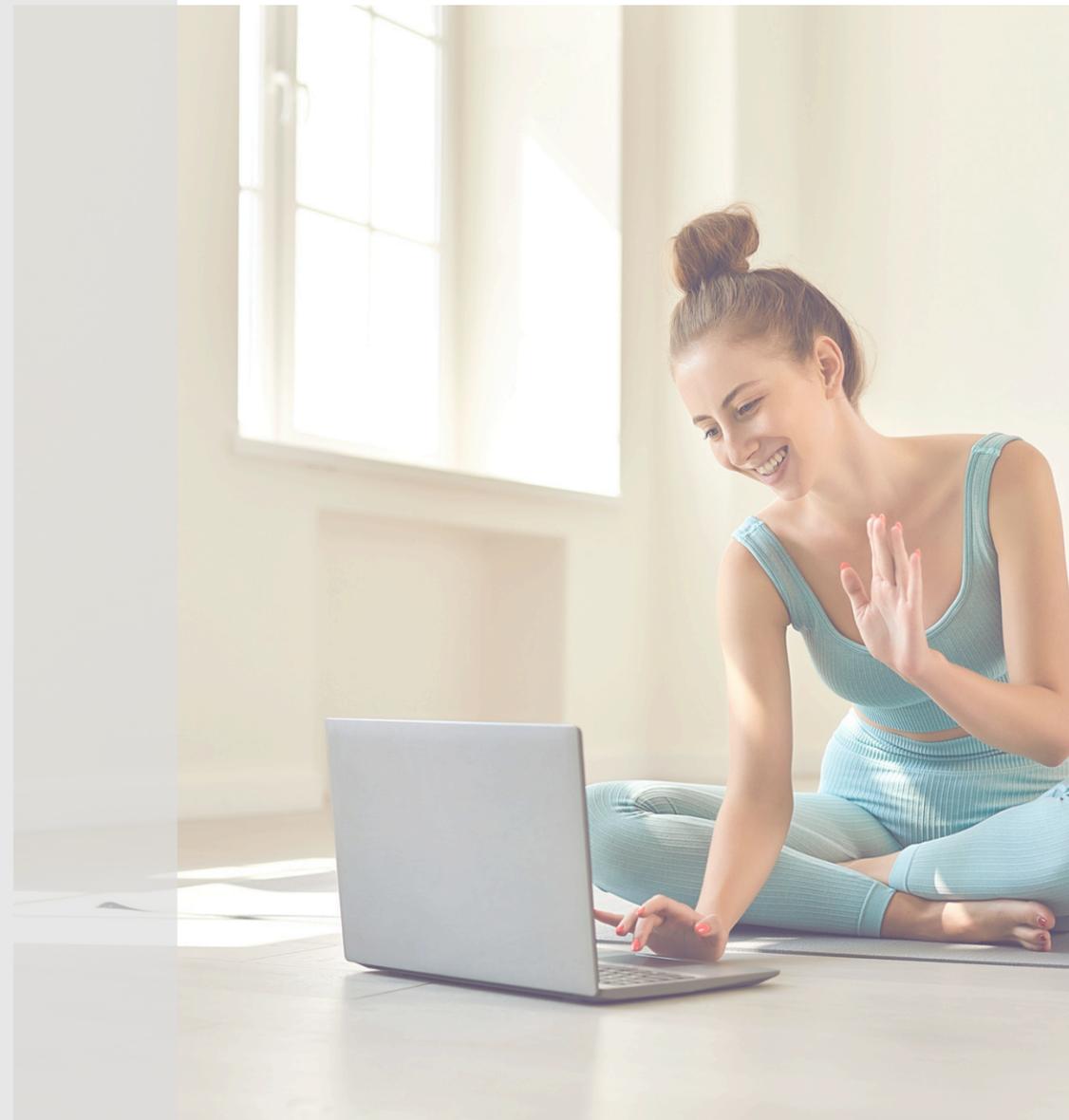
MODULE 2

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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COMING NEXT WEEK...

WELCOME TO WEEK TWO

- Topic: Exploring the emotions that drive emotional eating
- Goal: Learn how to recognize, name, and gently sit with emotions rather than suppress them with food





FOOD IS OFTEN A MESSENGER

- Emotional eating is rarely about food—it's about **how we're feeling**
- Food often acts as a coping tool, reward, or distraction

*Instead of asking “Why did I eat that?” ask
“What was I feeling?”*



COMMON EMOTIONS BEHIND EMOTIONAL EATING

- **Stress** – eating for relief
- **Loneliness** – food as companionship
- **Sadness** – food for comfort
- **Anxiety** – eating to soothe nerves
- **Boredom** – food as stimulation
- **Joy or reward** – celebratory eating



IDENTIFYING YOUR EMOTIONAL TRIGGERS

Ask yourself:

- “What situations or feelings usually lead me to eat emotionally?”
- “Are there certain times of day, people, or environments that trigger this?”

Awareness = power to pause.



THE PAUSE PRACTICE (CORE TOOL)

A gentle 4-step tool to respond, not react.

- **Pause** – Take 3 deep breaths
- **Name** the emotion (sad, anxious, tired, etc.)
- **Ask** – What do I really need right now?
- **Choose** – Food or a non-food comfort?

Try this before your next craving



EMOTIONAL COPING WITHOUT FOOD

Some non-food ways to support emotions:

- Journaling
- Going for a walk
- Talking to a friend
- Gentle movement
- Music, art, or creativity
- Mindful breathing

JOURNAL PROMPT OF THE WEEK



"What are the top 2-3 emotions that tend to trigger my emotional eating?"

- When do they usually arise?
- How do I normally respond?
- What else might help me meet those needs?



WEEKLY PRACTICE

- Use the **Pause Practice** at least once before eating
- Keep using your **Mood & Food Tracker**
- Try one **non-food comfort strategy** this week



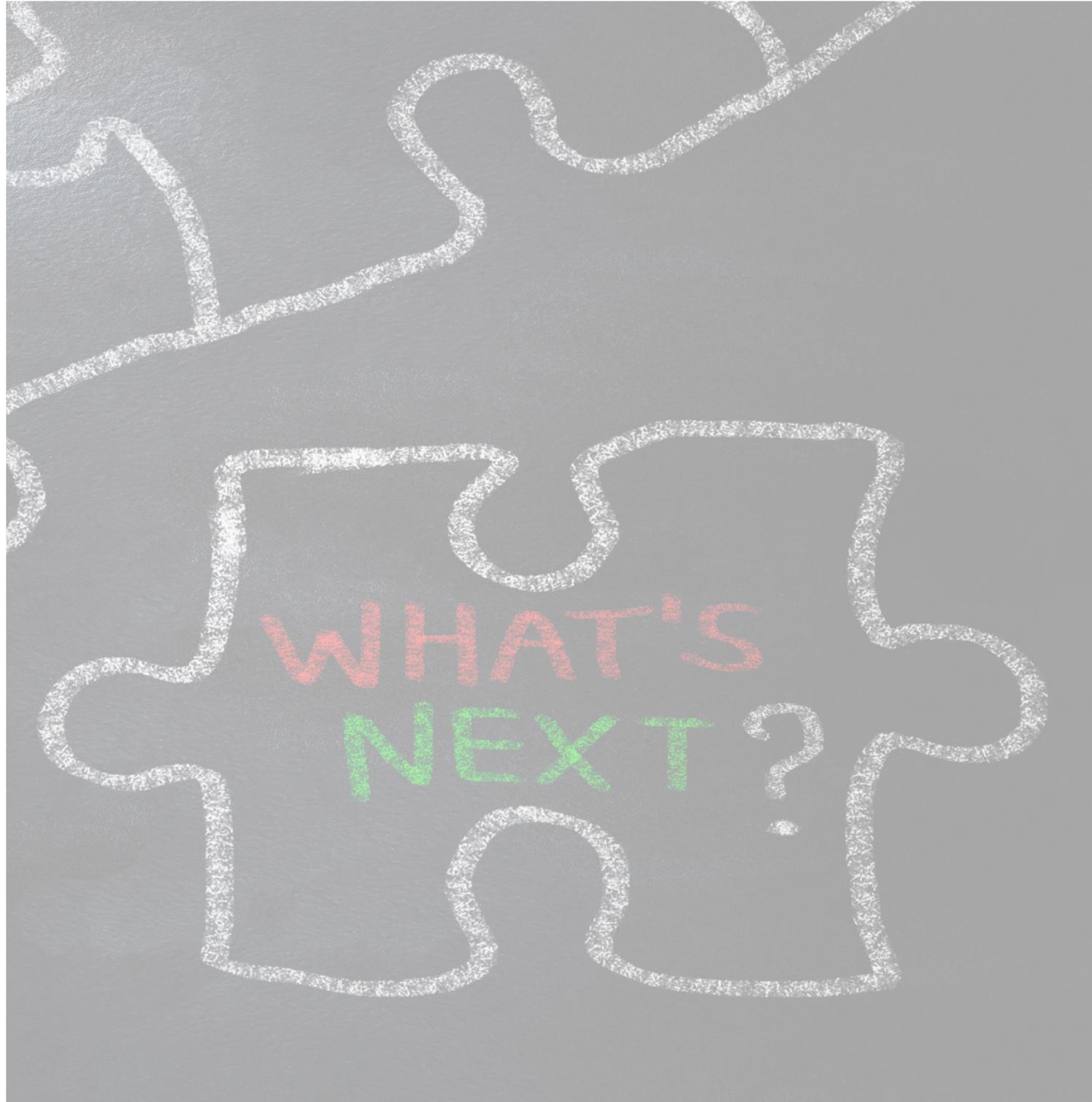
REFLECTION QUOTE

“Cravings are clues. Listen to what your body and heart are trying to say.”

COMING NEXT WEEK...

Mindful Eating & Self-Compassion in Action

- How to be fully present with food
- Letting go of judgment and guilt





WELL DONE

You are now ready to move on
to the workbook.