



EMOTIONAL EATING

Healing Your Relationship with Food

"Slow down. Tune in. Be kind."

MODULE 3

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 THREE

- Topic: Mindful Eating & Self-Compassion
- Goal: Learn how to slow down, become present with food, and eat without guilt





WHAT IS MINDFUL EATING?

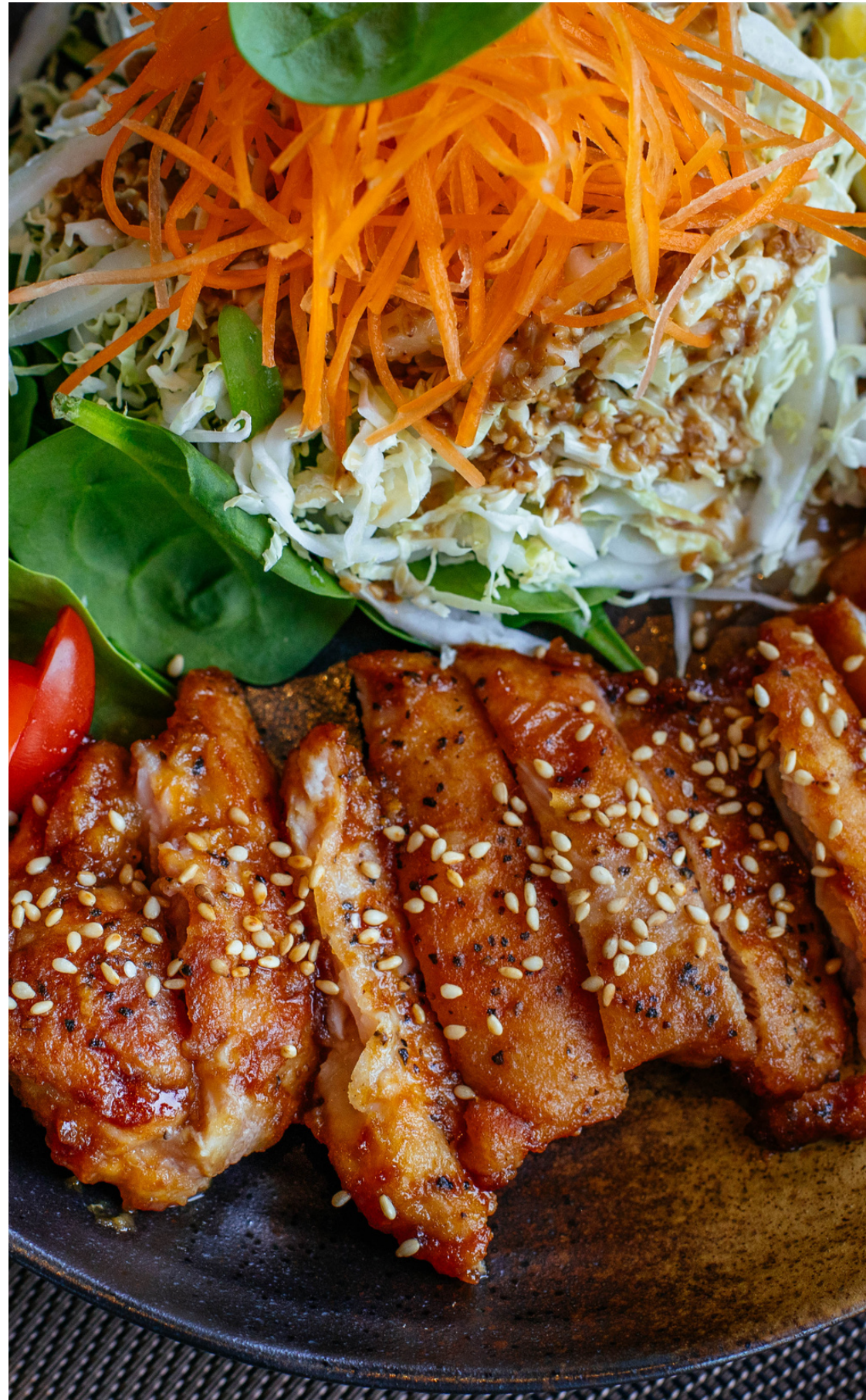
Mindful eating means:

- Being fully **present** during meals
- Listening to your body's **hunger and fullness cues**
- Tasting and savoring each bite
- Letting go of **judgment** and guilt while eating



WHY MINDFULNESS MATTERS IN EMOTIONAL EATING

- Slows down automatic reactions
- Helps us check in: *“Am I hungry, or am I feeling something else?”*
- Increases satisfaction and awareness
- Builds a kind, respectful relationship with food



INTRODUCING THE MINDFUL BITE PRACTICE

Try this with any snack or meal:

- Pause and take 3 slow breaths
- Observe your food—color, texture, smell
- Take one bite and chew slowly
- Notice taste, texture, feelings
- Ask: “How hungry am I now?”

Practice this once a day this week.



WHAT IS SELF-COMPASSION?

Self-compassion is treating yourself with kindness—not criticism—especially when you struggle or slip.

It means saying:

- “I’m doing the best I can.”
- “This is hard, and I still deserve care.”
- “One moment doesn’t define my worth.”



GUILT & SHAME VS. SELF-COMPASSION

Guilt/Shame	Self-Compassion
“I messed up.”	“I’m learning.”
“I can’t control myself.”	“I’m exploring what I need.”
“I failed again.”	“I had a moment. I’ll try again.”

You don’t need to earn compassion—you’re worthy of it always.

JOURNAL PROMPT OF THE WEEK



Write about a time you judged yourself for eating. What would it sound like to respond with kindness instead?

- What happened?
- What did you say to yourself?
- What would a compassionate voice say?



WEEKLY PRACTICE

- Try the **Mindful Bite Practice** daily
- Use the **Hunger-Fullness Scale** before and after meals
- Replace one moment of guilt with a compassionate phrase



REFLECTION QUOTE

“You can’t hate yourself into healing. Be gentle with the parts of you that are still learning.”



COMING NEXT WEEK....

*Module 4: Nourishing the Body,
Calming the Mind*

- Build balanced meals
- Support emotional regulation through nutrition
- Gentle self-care strategies



WELL DONE

You are now ready to move on
to the workbook.