



EMOTIONAL EATING

Healing Your Relationship with Food

*"Feed your body with care.
Support your emotions with kindness."*

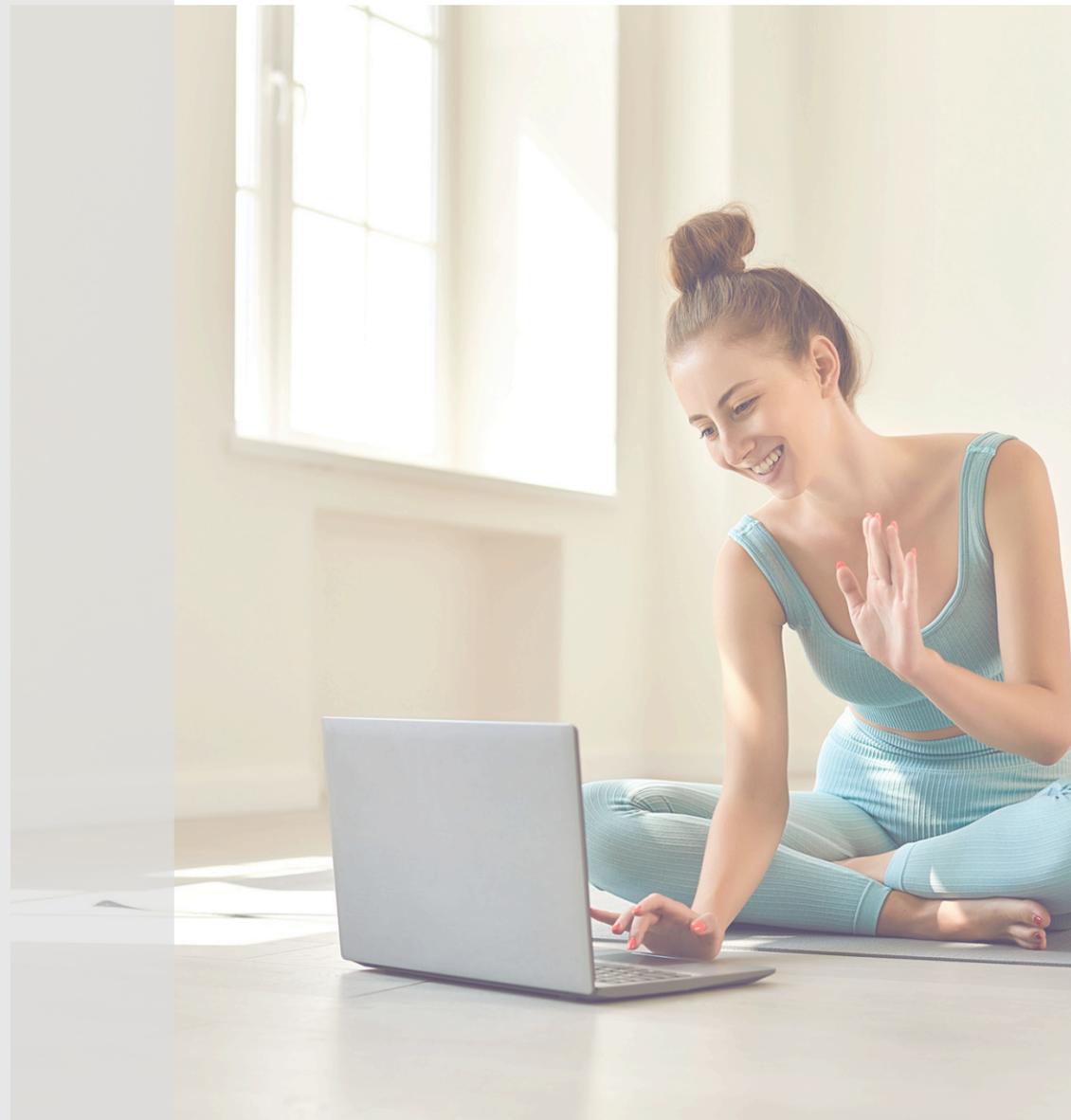
MODULE 4

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 FOUR

- Topic: Supporting emotional well-being through food and self-care
- Goal: Learn how to nourish your body in ways that also support emotional stability





WHY BALANCED NOURISHMENT MATTERS

- Skipping meals or eating unbalanced foods can create:
 - Blood sugar crashes
 - Mood swings
 - Intense cravings
 - Fatigue and irritability
- Proper nourishment supports **emotional regulation, energy, and clarity**



WHAT DOES BALANCED EATING LOOK LIKE?

Think of meals like a triangle:

- Protein (e.g., chicken, beans, tofu)
- Complex carbs (e.g., quinoa, brown rice, oats)
- Healthy fats (e.g., avocado, olive oil, nuts)
- Fiber & color (fruits and veggies)

Balanced meals = stable blood sugar = more emotional calm



EMOTIONAL STABILITY THROUGH NOURISHMENT

- When the body is undernourished, it's harder to manage stress
- Nourishing foods support:
 - Mood balance
 - Energy throughout the day
 - Fewer emotional cravings

GENTLE MEAL PLANNING TIPS



- Aim for **3 balanced meals** + snacks if needed
- Don't skip meals—your body needs consistent fuel
- Think *progress*, not perfection
- Keep nourishing options easily available



WHEN FOOD ISN'T ENOUGH

Even with balanced meals, emotions still need attention.

Pair nourishment with:

- Sleep
- Movement
- Connection
- Rest
- Boundaries

Food is fuel, but it's not your only form of self-care.

JOURNAL PROMPT OF THE WEEK



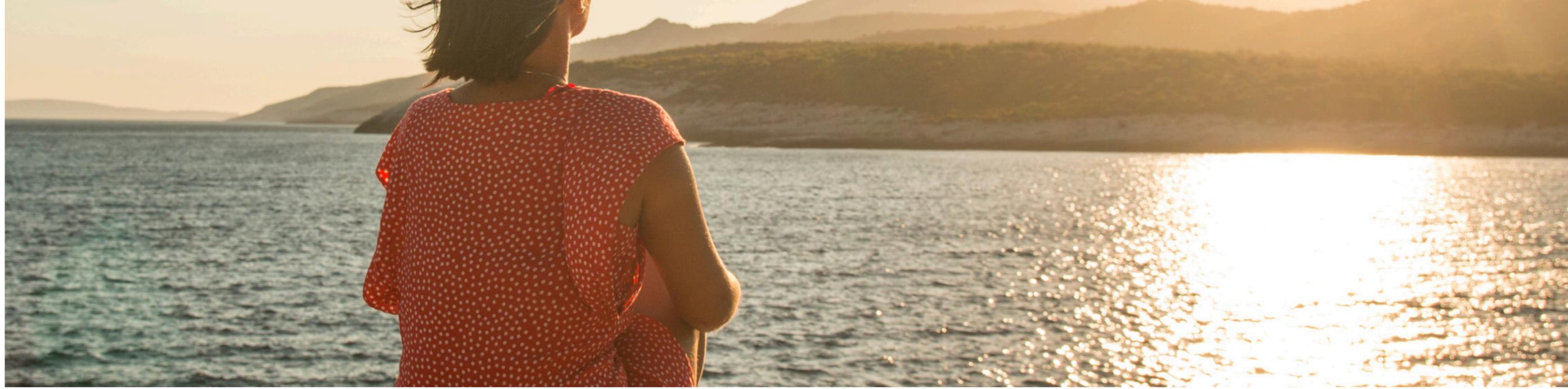
“How does the way I eat affect how I feel emotionally and physically?”

- When I eat balanced meals, I feel...
- When I skip meals or eat chaotically, I feel...



WEEKLY PRACTICE

- Create one balanced meal per day
- Use a **Body & Mood Log** (in your workbook)
- Choose one self-care habit to support emotional calm



REFLECTION QUOTE

“Caring for your body is an act of emotional self-respect.”

COMING NEXT WEEK...

*Module 5: Creating New Habits &
Coping Tools*

- How to build emotional resilience
- What to do instead of emotional eating





WELL DONE

You are now ready to move on
to the workbook.