



EMOTIONAL EATING

Healing Your Relationship with Food

*"You're not breaking a habit—
you're building a new way to care for yourself."*

MODULE 5

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

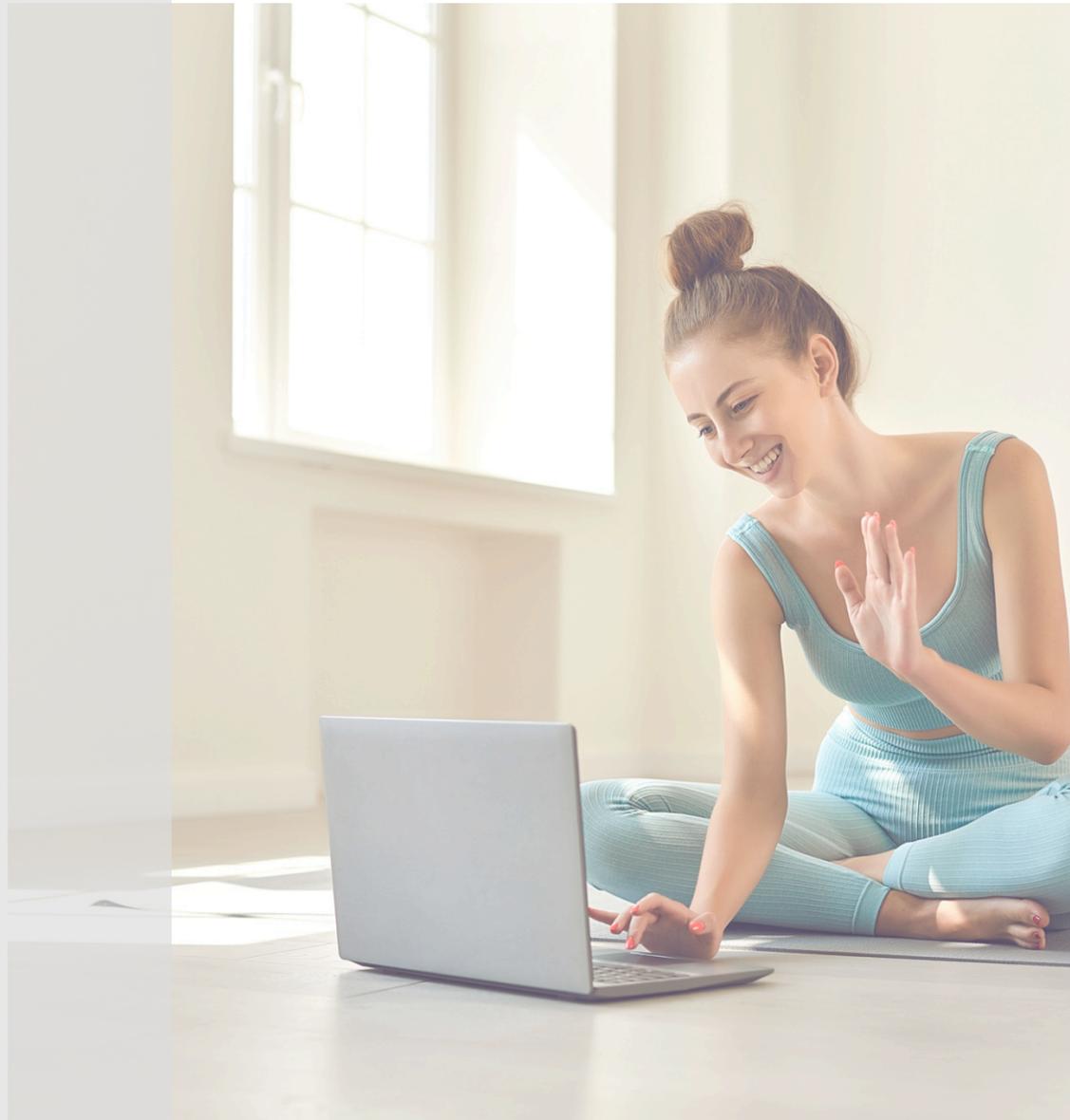


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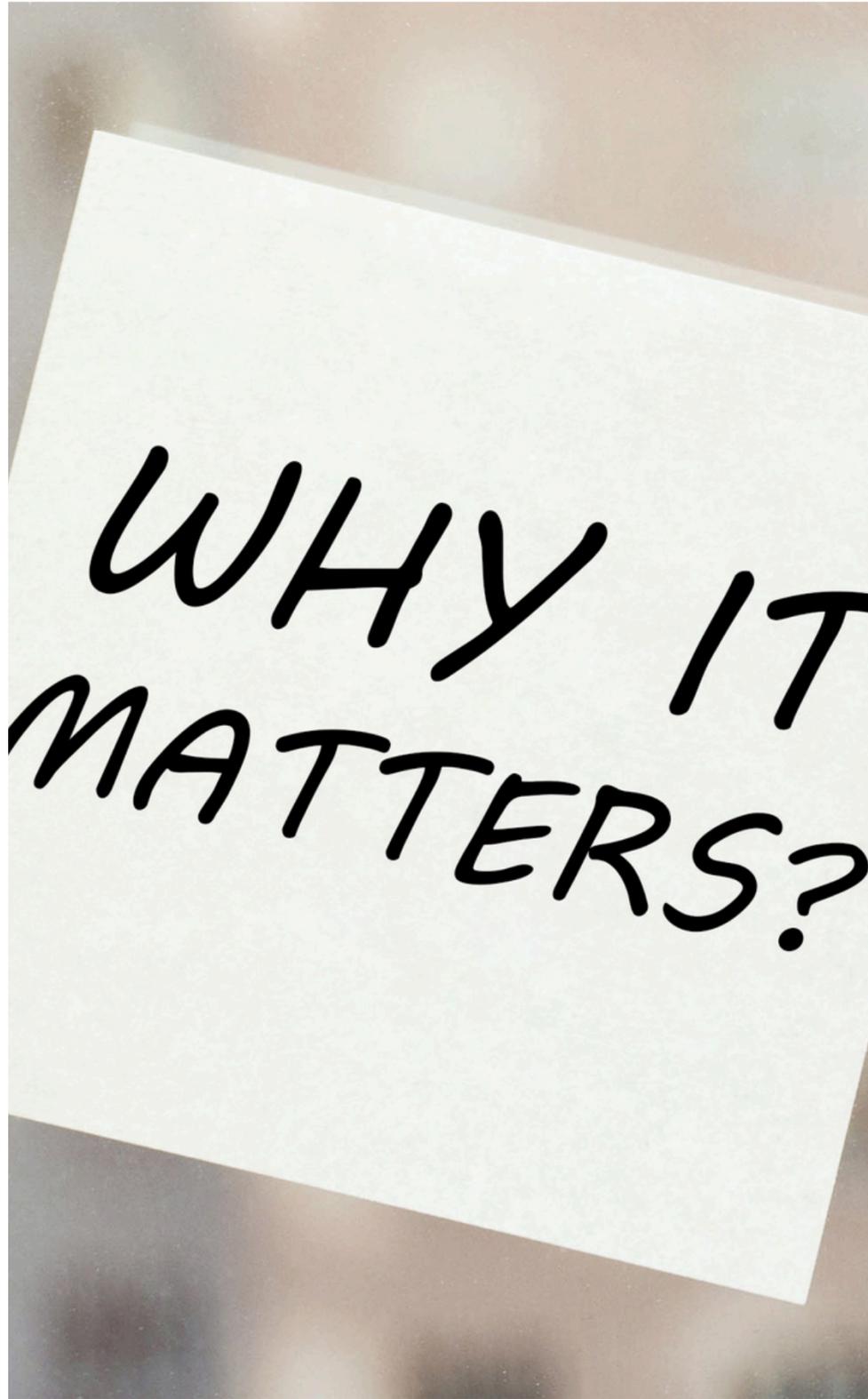
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COMING NEXT WEEK...

WELCOME TO WEEK FIVE

- Topic: Building healthier coping tools and emotional resilience
- Goal: Learn how to meet emotional needs without turning to food





WHY HABITS MATTER

- Emotional eating often becomes a **learned response**
- We turn to food automatically when emotions arise
- Change doesn't happen overnight—but habits can be reshaped

The goal isn't to stop eating—it's to **respond intentionally** when emotions show up



WHAT DO YOU REALLY NEED?

Behind the craving, there's usually a deeper need:

- Stress → Rest or boundaries
- Sadness → Comfort or connection
- Boredom → Stimulation or creativity
- Anxiety → Safety or grounding

Ask: What is this feeling asking of me—not what food is asking of me.



BUILDING YOUR COPING TOOLKIT

Create a **personal toolbox** of non-food supports:

- Call or text a friend
- Go for a walk or stretch
- Journal your thoughts
- Listen to calming music
- Take a shower or change environments
- Practice the “Pause” or grounding breath



“URGE SURFING” – A MINDFUL TOOL

Urges rise like waves—they peak, then pass.

- Notice the urge (craving, emotion)
- Breathe through it—*ride the wave*
- Use a non-food coping strategy
- Remind yourself: *This is temporary*

“Urge surfing” helps delay the automatic pattern and opens up choice.



GENTLE HABIT CREATION

Start small. Ask:

- What's one small thing I can do *instead of* emotional eating?
- What habit feels *realistic and kind* right now?

Replace—not just remove

Repeat it consistently

Celebrate progress (not perfection)

JOURNAL PROMPT OF THE WEEK



"What new emotional coping habits do I want to build?"

- What am I replacing emotional eating *with*?
- How can I remind myself of these tools in the moment?



WEEKLY PRACTICE

- Use the “Urge Surfing” tool at least once
- Try one new **non-food coping strategy**
- Reflect: What emotions did you respond to differently this week?



REFLECTION QUOTE

“Healing is not about willpower—it’s about support, tools, and self-respect.”



**WHAT'S
NEXT?**

COMING NEXT WEEK...

*Module 6: Integration & Moving
Forward*

- *Reflecting on your growth*
- *Making emotional peace with food
long-term*



WELL DONE

You are now ready to move on
to the workbook.