



EMOTIONAL EATING

Healing Your Relationship with Food

THE PAUSE PRACTICE
POCKET GUIDE

PLEASE READ

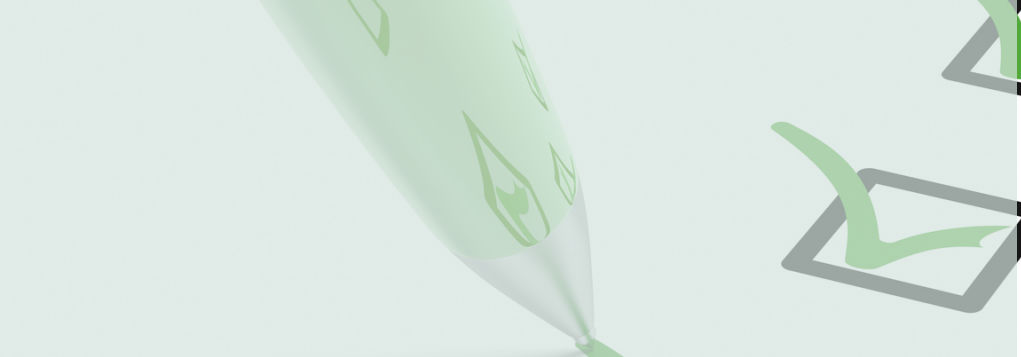
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The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.



THE PAUSE PRACTICE POCKET GUIDE

A Simple 4-Step Tool to Interrupt Emotional Eating in the Moment

Emotional eating often feels automatic—one moment you're overwhelmed or anxious, and the next you're reaching for food.

This guide is your gentle reminder that **you have a choice** in that moment.

The Pause Practice helps you slow down, connect to what you're really feeling, and respond with care instead of reaction.

THE PAUSE PRACTICE

Use this when you feel a sudden urge to eat, especially when you're not physically hungry.

Pause & Breathe

Take 3 slow, grounding breaths.

Place your hand on your chest or belly.

Say to yourself: *"I can check in with myself before I act."*

Name the Emotion

Ask: *"What am I feeling right now?"*

- *Stress*
- *Loneliness*
- *Boredom*
- *Anxiety*
- *Sadness*
- *Frustration*

Naming the emotion creates space. It shifts you from reacting to reflecting.

Ask What You Really Need

Once you've named the feeling, ask:

"What do I truly need in this moment?"

Maybe it's rest.

Maybe it's connection.

Maybe it's just a break.

Food might still be a choice—but now, it's a conscious one.

Choose Your Next Step

Now you have options:

- *Eat, but do so mindfully*
- *Try a non-food comfort (walk, journal, stretch, music)*
- *Delay eating and revisit how you feel in 10 minutes*

There's no wrong answer—only intentional action.

PRINT THIS. POST IT. PRACTICE IT.

THE PAUSE PRACTICE

Tape it to your fridge. Save it to your phone.

Every time you use The Pause Practice, you build awareness. And awareness is where change begins.