EMOTIONAL EATING

Healing Your Relationship with Food

MODULE 4

“Feed your body with care. Support your emotions with kindness.”

PLEASE READ

DISCLAIMER

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.

WHAT NOURISHMENT MEANS FOR EMOTIONS

Food affects mood.

- Stable blood sugar = steady emotions
- Skipped meals = fatigue, moodiness, cravings

Reflection:

Have you ever felt cranky, foggy, or anxious after skipping a meal or eating mostly sugar?

How does eating regularly and fully affect your emotional state?

BUILD YOUR BALANCED MEAL TEMPLATE

Use this as a simple guide for each meal:

- **Protein:**
- **Carbs:**
- **Healthy Fats:**
- **Color/Fiber (Veggies or Fruits):**

Create a few go-to meal ideas that feel nourishing and realistic for you

BODY & MOOD LOG (USE DAILY)

Track how your food affects your emotional and physical well-being.

Time	What I Ate	Physical Feeling After	Emotional Feeling After

Reflection:

Any trends you're noticing between what you eat and how you feel?

NON-FOOD EMOTIONAL NOURISHMENT

Food helps, but it's not the only way to feel supported.

What else helps you feel emotionally stable?

- Rest/sleep
- Talking to someone
- Time outdoors
- Creativity
- Hydration
- Movement or stillness

List 5 non-food ways to care for yourself this week:

WEEKLY JOURNAL & REFLECTION

Prompt:

How does eating in a more balanced way impact your emotional world?

- What's changed for you this week—mentally or physically?
- Did you notice any difference in cravings or mood?
- What feels sustainable going forward?

End-of-Week Intention:

"I honor my body and emotions by feeding them with care and kindness."