



Your Nourished Life

FREEDOM FROM EMOTIONAL EATING WORKING THE FOUR N'S FOR NOW

NOTICE

When you are aware of your emotions and your drive to eat in response... **and/or** when your desire to start or keep eating is more in your mind than bodily sensations, more sudden than gradual, more intense than mild to moderate, filled with cravings for specific foods more so than a willingness to eat any number of nourishing foods you like. Step away from the food to work the next steps. You can do this *before* or at any point *during* emotional eating.

NAME

Highlight your feelings. Add your own words too. We often feel many feelings at once. Say aloud or in your mind: I am... Irritated, angry, annoyed, frustrated, resentful, indignant, offended, hurt, disappointed, discouraged, ashamed, guilty, sad, mournful, envious, jealous, doubtful, anxious, worried, tense, uneasy, lonely, weary, overwhelmed, misunderstood, bored, excited, celebratory, relieved...

NOD

Allow your feelings. Make space for them as legitimate, as human. Aim to have as much kindness and empathy for yourself as you can. Watch for judging or shaming yourself, and come back to allowing and kindness. Your feelings can inform you as to your needs, if you don't reject them!

NEED?

Look over the menu of actions on the next pages for **Generally Helpful Options** and **Actions for Specific Feelings**.

What are one or two things you can do **RIGHT NOW** to meet your needs directly without using food?



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GENERALLY HELPFUL ACTIONS

Here are seven possible actions that are **generally** helpful in meeting your emotional needs with compassion and care, not overeating:

1. Remove or reduce irritants (noise, heat, full bladders, bras...); if interactions with people are upsetting, take a "time out", even if just a few minutes in the washroom
2. Express your feelings to yourself (out loud, in freestyle writing, in body movements) or to a supportive, non-judging person if available
3. Remember that you are not alone in your experiences and feelings by accessing lyrics, poetry, and/or online resources for your challenge
4. Listen to music that expresses your feelings... and/or helps you move into a more positive emotional state
5. Breathwork (e.g., belly breathing: breathe in to count of 3, breath out to count of 3... your belly moves in and out... do for a few minutes)
6. Gratitude: noticing and savouring the good (but be careful not to invalidate "negative" feelings... aim to hold both at once, using gratitude as something you ALSO feel)
7. If available, seek solace and renewal in nature, or at least the outdoors.

ACTIONS FOR SPECIFIC FEELINGS

Here are some actions to try when you are feeling:

Anger

- stomp, yell, vent... write a nasty letter and burn it over the sink, then wash up
- is there a boundary that you need to set or reset... calling upon you to speak up?
- reset breath — breathe out for a long as you can, then take a big gasping breath in (do 2-3 times), then belly breathe in to count of 3, out to count of 3, having your belly move out and in



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Sadness

- cry... allow your tears to flow and subside
- talk to a friend in person, on the phone or online
- listen to a self-compassion meditation MP3 at <http://www.selfcompassion.net/>
- if sadness is a persistent experience over weeks, speak to your physician about depression screening and a referral for counselling

Loneliness

- reach out to a friend for contact... proactively make invitations for get togethers
- go out and be amongst people (parks, shops, libraries, gyms, co-working spaces, etc.)
- Google Meetups, clubs, activities, lessons, volunteering and things to do *with* possibly like-minded others in the future

Overwhelm/Weariness

- prioritize – what truly *must* be done now or today and what can be delayed or delegated?
- use the Three Song Solution: tidy up or pay bills or _____ for the 10 or so minutes of three songs
- if you are tempted to use F#ck It eating to get off the hook from duties (i.e. be “bad”), ask yourself — what would you let slide after such eating? Then let it slide without overeating!
- lay down, rest or nap; go to bed early; lie in the bathtub

Anxiety:

- Google progressive muscle relaxation for instructions to squeeze and release muscles; take a hot bath; stretch or do some yoga poses
- make or do something to distract yourself
- write down times you got through and things turned out okay
- if anxiety is a persistent experience over weeks, speak to your physician about a referral for counselling



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Boredom:

- Google hobbies, Meetups, clubs, activities, lessons, volunteering and things to do in the future and take one step towards exploring an appealing option
- Get off social media and streaming TV – DO something productive and/or interesting and engaging... especially helpful is moving your body, getting your heart rate up!

Envy:

- what is the yearning underneath the sour hopelessness? What do you want?
- if you will truly never have it, allow grief and sadness
- if could possibly have it, imagine how and set up a baby step (e.g. trim some expenses and save \$50/week for a travel fund).

Celebratory:

- share with supportive people
- indulge in non-food treats that float your boat... flowers, candles, soaps, books, magazines, make up, music, accessories, hobby supplies, etc.