



# Your Nourished Life

## FREEDOM FROM EMOTIONAL EATING FILLING UP YOUR FUEL TANKS

1. Pick ONE **feeling** that often underlies turning to food when you are not hungry. Consider anger (including irritation and frustration), sadness, loneliness, overwhelm/weariness, anxiety (including worry and tension), boredom, and envy.
2. Pick ONE **fuel tank** of a nourished life that could fill the needs underneath that feeling: MOVEMENT, REST, PLAY, BELONGING and MEANINGFULNESS.
3. Brainstorm possible fill up options for that tank
5. Take steps to try ONE out
6. Tweak and try more options... and then do new sheets for other feelings and fuel tanks