

Emotions are often linked to emotional eating.

Use the HALT/BSSS method to deal with emotions in a healthy and productive way.

- **If you're not physically hungry, ask yourself:**

What do I desire? Connection, pleasure, relaxation, joy? In what ways can I fulfill these desires without eating? Think about your previous experiences and draw from these resources. Create positive support systems with friends, family, and coworkers. Feel free to add your own strategies to this list!

Be cautious of other habits (TV, electronics, gambling, alcohol, smoking) that are unhealthy ways to numb emotions and pull you away from your "ideal-self."

- **After reviewing the Supporting Responses Chart on the following page, create a goal for yourself using the following framework:**

When I feel I will so that I will

Example:

"When I feel lonely, I will call my friend Susie, so that I will quench my feeling of loneliness and support my goal of honoring my body's hunger and fullness cues."

When I feel I will so that I will

To learn more about managing your stress with healthy coping skills and setting SMART goals, make an appointment with your Health Coach or Dietitian today to come up with a personalized plan.

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Feeling	Supportive Responses to Quench the Feeling
Hungry	<ul style="list-style-type: none">• 1. Choose a calm environment• 2. Mindfully eat by using your senses to enjoy each bite you take• 3. Notice the look, feel, and aroma of your food
Angry	<ul style="list-style-type: none">• Find time to exercise• Journal about your day or what you're grateful for• Scream into a pillow
Lonely	<ul style="list-style-type: none">• Call friends, set up a virtual social hour• Think about friends or loved ones to reach out to• Explore online interest groups
Tired	<ul style="list-style-type: none">• Most people need 7-9 hours of sleep• Unwind before bed• Avoid backlit screens 30 minutes before going to bed• Routine is key; go to bed and wake up at the same time every day
Bored	<ul style="list-style-type: none">• Do a creative activity• Try new hobbies• Tackle your to do list
Scared	<ul style="list-style-type: none">• Focus on what you can control vs can't control• Deep breathing or guided imagery• Stay in the moment with mindfulness, prayer, or meditation
Sad	<ul style="list-style-type: none">• Focus on your sadness for 5 minutes• Create a gratitude list <p>If your sadness lingers, or you're concerned your sadness is depression, ask for help.</p> <div data-bbox="365 1675 1182 1793"><p>If you're at risk for harming yourself or others, call the National Suicide Prevention Line at 800-273-8255</p></div>
Stressed	<ul style="list-style-type: none">• Call friends, set up a virtual social hour• Think about friends or loved ones to reach out to• Explore online interest groups

- Create goals for yourself using the following framework:

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Example:

“When I feel lonely, I will call my friend Susie, so that I will quench my feeling of loneliness and support my goal of honoring my body’s hunger and fullness cues.”

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Feeling	Supportive Responses to Quench the Feeling: Write your own ideas!
Hungry	
Angry	
Lonely	
Tired	
Bored	
Scared	
Sad	
Stressed	