

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!

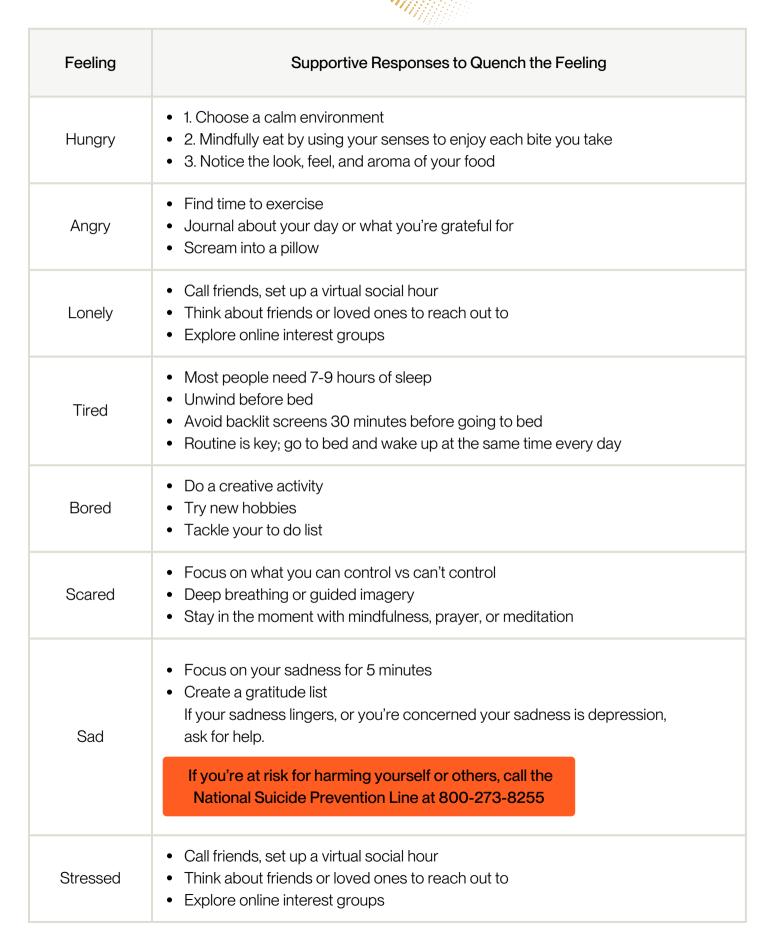
Be cautious of other habits (TV, electronics, gambling, alcohol, smoking) that are unhealthy ways to numb emotions and pull you away from your "ideal-self."

After reviewing the Supporting Responses Chart on the following page, create a goal for yourself

using the	following framework	:			
When I feel	(feeling)	l will	(supportive response to feeling)	so that I will	(main health goal)
	onely, I will call my frie ing my body's hunger		so that I will quench my ss cues."	rfeeling of lonelin	ess and support my
When I feel		l 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.

Emotional Eating HALT/BSSS Handout



Create goals for yourself using the following framework:

When I feel	(feeling)	l will	(supportive response to feeling)	so that I will	(main health goal)
-------------	-----------	--------	----------------------------------	----------------	--------------------

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	l will	so that I will	
When I feel	l will	so that I will	
When I feel	l will	so that I will	
When I feel	l will	so that I will	
When I feel	l will	so that I will	





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