



Feel Great About Your Body & Yourself Every Day!

Alice Greene
America's Healthy Lifestyle Coach

5 Secrets to Stop Stress Eating

1

Gain Awareness of When You Use Food to Combat Stress

If you are not paying attention to the fact you are stressed and eating, you can't stop.
Notice if you are eating (or drinking) only because you are stressed.
How do you feel after eating that food or drinking that beverage?
What else do you notice?

2

Don't Judge Yourself for Stress Eating

When you judge yourself or feel judged, you will want to eat even more food.
Be neutral as you observe yourself eating, even if you are full.
Don't assume the worst about yourself.
Assume there is a good reason why you are eating.

3

Become Curious About Why You Are Stressed and Turning to Food

There are 8 possible reasons for eating when you don't need more food.
Which of the 8 reasons might it be?
Can you be more specific?
Do the reasons change in different situations?

4

Understand Your Pattern with Stress Eating

You may notice there is a pattern to those times you eat to manage stress.
Does it happen when you are working, with certain people or after certain events?
Is this a habitual pattern whether you are really stressed or not?
Do you pick different foods or beverages for different types of stress?

5

Create Strategies to Support Yourself when Dealing with Stress

Consider things you can do that will help you reduce the stress instead of eating or drinking.
Change the scenery, get some air, go for a walk and pull back from the situation.
Focus on your breath or do something that gets you out of your head.
Change your perspective and see if you can't look at the situation differently.
Eat a healthy breakfast for more energy and alertness to handle stress better.

Come up with other strategies, so you are better able to manage your stress.



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What do you think some of the reasons might be for stress eating?


