

how to deal with **EMOTIONAL EATING**



LEARN TO RECOGNIZE HUNGER

Notice physical symptoms, like
a growling stomach



KEEP A JOURNAL

Write down what you eat,
along with the emotions you
experience at the time



BUILD A SUPPORT NETWORK

Surround yourself with those
supporting efforts to change



CULTIVATE OTHER INTERESTS

Find an activity you enjoy to
increase self-confidence



GET HELP

Consider getting professional
help to change your behavior if
you can't control it on your own



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