



Image by Ryan McGuire from Pixabay

EAT WELL, CARE WELL. EMOTIONAL OVEREATING AWARENESS

Do you ever find yourself using food as a way of attempting to cope with or control feelings, even when you are not physically hungry? If yes, this is called emotional eating. Most of us do this from time to time, however, if you find it is problematic for you it is time to figure out what is causing it so you can make changes.

Take the quiz from Dr. Melissa McCreery to find out what you're really craving (that isn't food) and get your Hidden Hunger profile and customized action steps.

<https://toomuchonherplate.com/hidden-hungers-quiz/>

Resources:

- Visit *Too Much on Her Plate* for additional resources <https://toomuchonherplate.com/april-emotional-overeating-awareness-month/>
- Book: *Life is Hard, Food is Easy* by Linda Spangle, RN, MA. Visit her website for additional resources <https://www.weightlossjoy.com/> including articles and worksheets about emotional overeating.

WEEKLY CHALLENGES

CHECK OUT THE
RESOURCES AND
WEBSITES LISTED

KEEP A FOOD DAIRY
AND WRITE DOWN
YOUR EMOTIONS
WHEN YOU WERE
EATING

EAT MINDFULLY. TRY
AND SIT DOWN AND
EAT WITHOUT
DISTRACTION

*“Make peace with
food. Live the life
you hunger for.”*

Dr. McCreery

