



# HEALTH AND WELLBEING CHECKLIST

Date

33

## Managing Emotional Eating

Managing emotional eating helps you establish a healthier relationship with food. Use this checklist to recognise triggers and develop better habits.

### Identify Emotional Triggers

- Reflect on situations or feelings that lead to emotional eating.
- Example: Stress, boredom, or sadness.



### Pause and Assess Hunger

- Before eating, ask yourself if you're physically hungry or seeking emotional comfort.
- Rate your hunger on a scale of 1 to 10 understand your needs.



### Keep a Food Journal

- Log what you eat and how you feel before and after meals.
- Identify patterns that link emotions to eating habits.



### Stock Healthy Snacks

- Replace junk food with nutritious and satisfying options.
- Example: Carrot sticks with hummus or a handful of almonds.



### Practice Mindful Eating

- Eat slowly and savour each bite to enjoy your food fully.
- Avoid distractions like TV, phones, or multitasking while eating.



### Find Alternative Coping Mechanisms

- Replace emotional eating with stress-relief activities like Journalling or walking.
- Try deep breathing, stretching, or calling a friend for support.





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#### Plan Balanced Meals

- Include protein, fibre, and healthy fats in meals to stabilise blood sugar.
- Preparing meals ahead of time can reduce impulsive food choices.



#### Set Boundaries Around Eating

- Avoid eating directly from containers to promote portion control.
- Create a calm environment to eat, free from stressful situations.



#### Address Underlying Emotions

- Explore persistent emotional triggers with therapy or counselling.
- Journaling or meditating can also help you process your feelings.



#### Celebrate Non-Food Wins

- Reward yourself with non-food treats for meeting your goals.
- Example: A new book, a relaxing spa day, or a fun activity.



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