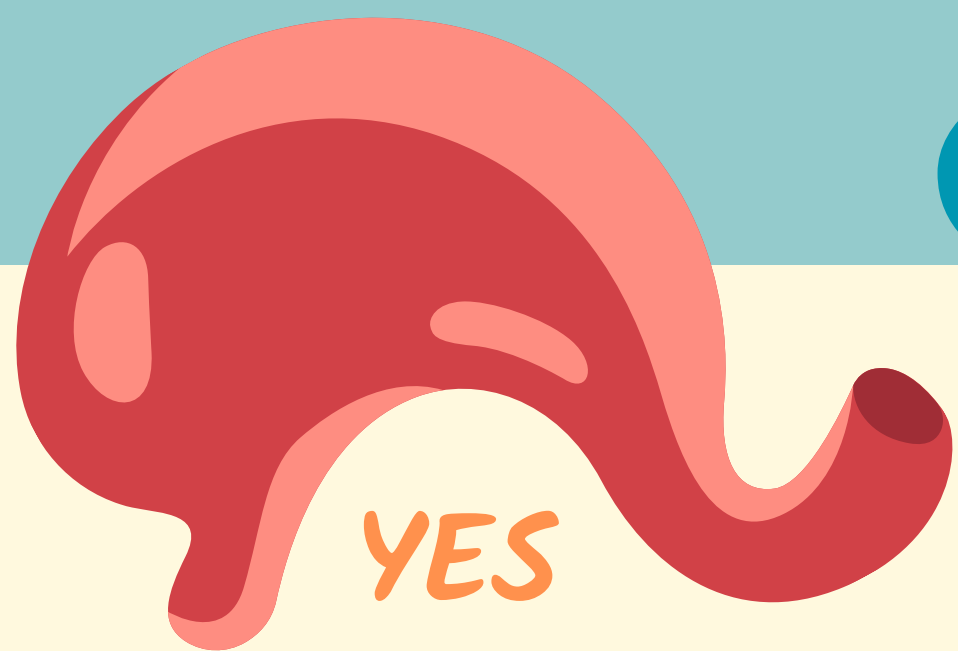


PHYSICAL VS EMOTIONAL HUNGER

PHYSICAL

- 🍴 STOMACH GROWLING
- ⚡ LOW ENERGY
- 🧠 THINKING ABOUT A VARIETY OF FOODS
- 🕒 SEVERAL HOURS SINCE YOUR LAST MEAL
- 📈 HUNGER BUILDS GRADUALLY
- 😊 EATING FEELS PHYSICALLY SATISFYING



YES

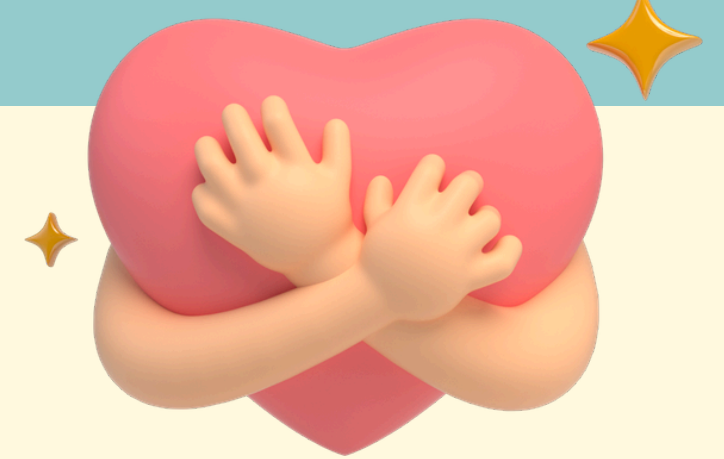
AM I
HUNGRY?



EMOTIONAL

- 💭 APPEARS SUDDENLY
- 🍫 STRONG CRAVING FOR A SPECIFIC FOOD
- 😞 TRIGGERED BY STRESS, BOREDOM, LONELINESS, ANXIETY
- 🤔 PERSISTS EVEN WHEN PHYSICALLY FULL
- 🧠 FOOD FEELS LIKE THE QUICKEST SOLUTION
- ❤️ YOU MAY BE SEEKING COMFORT RATHER THAN NOURISHMENT

NO



✓ EAT

- ✓ CHOOSE FOODS THAT SOUND SATISFYING
- ✓ EAT WITH AWARENESS
- ✓ NOTICE FULLNESS AND SATISFACTION

✓ BE KIND TO YOURSELF

- ✓ ENGAGE:
 - 💬 CONNECT 🧘 MOVE 📖 READ 🎨 CREATE
 - ✍️ JOURNAL 🎵 LISTEN
- ✓ SOOTHE:
 - 🧘 BREATHE ☕ REST 🛁 RELAX
 - 😊 SEEK COMFORT 💕 SELF-COMPASSION
- ✓ REMEMBER: EMOTIONAL EATING IS A NORMAL HUMAN EXPERIENCE