

RECONNECT: EMOTIONAL EATING

Food becomes less automatic when your body feels supported.

DISCONNECTION

- Can't feel the body clearly
- Emotions are unclear
- Everything feels like hunger

WHAT HAPPENS

- Unclear signal
- True need is not identified
- Default is food

This is your nervous system trying to regulate.

EMOTIONAL EATING LOOP

Feel Something

- Eat
- Relief
- Repeat

WHAT'S REALLY HAPPENING

- Nervous system is trying to regulate
- Food provides fast relief
- Missing: connection (oxytocin)

"You're not doing it wrong—your body is trying to help."

PAUSE

(Create space)

NOTICE

What am I feeling?

NAME STATE

- Calm
- Stressed
- Shutdown

IDENTIFY NEED

- Calm
- Comfort
- Connection
- Energy

PROVIDE SUPPORT (Before Food)