



Nutrition Counseling Services LLC

Emotional Eating Challenge

Purpose Statement: The purpose of this challenge is to manage with the underlying causes of emotional eating, rather than turning to food to soothe emotions. This challenge presents general “self-help” tips to control emotional eating. If you are dealing with significant stressors, seek a professional counselor with experience in treatment of emotional eating.

Challenge Steps:

- A. Visit the following link from the Mayo Clinic for “gaining control over emotional eating:”
<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342>
- B. List your emotional eating triggers:

- C. What foods or drinks do I consume when I eat emotionally?

- D. From the “tips” list, which activities do you feel would be helpful in controlling your emotional eating?

- E. Try at least one “tip” and share thoughts:

- F. After trying the self-help tips, do you feel that you need assistance from a professional counselor? Yes _____ No _____

If Yes, take the step to contact a counselor and schedule an appointment. Contact us for a list of local counselors.

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____