

OVERCOMING

*Emotional
Overeating*

WORKBOOK

WITH

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Removing physical restriction

Make a list of your forbidden foods here, the first on the list being the most triggering and the last on the list being the least triggering.

- 1

- 2

- 3

- 4

- 5

- 6

- 7

Now make a plan to take one food at a time and add in a small amount of this food everyday for a week. It's important that the food is the same type e.g. chocolate ice cream and not chocolate ice cream one day, salted caramel another day etc. Work through your list one by one until you have moved through your forbidden foods list and have habituated with them all.

My food and body thoughts



We have lots of thoughts everyday. However, a lot of them are not true and will affect our ability to attend to our true needs. If mental restriction is present, it can lead to overeating. Write down the food and body thoughts that often come up for you.















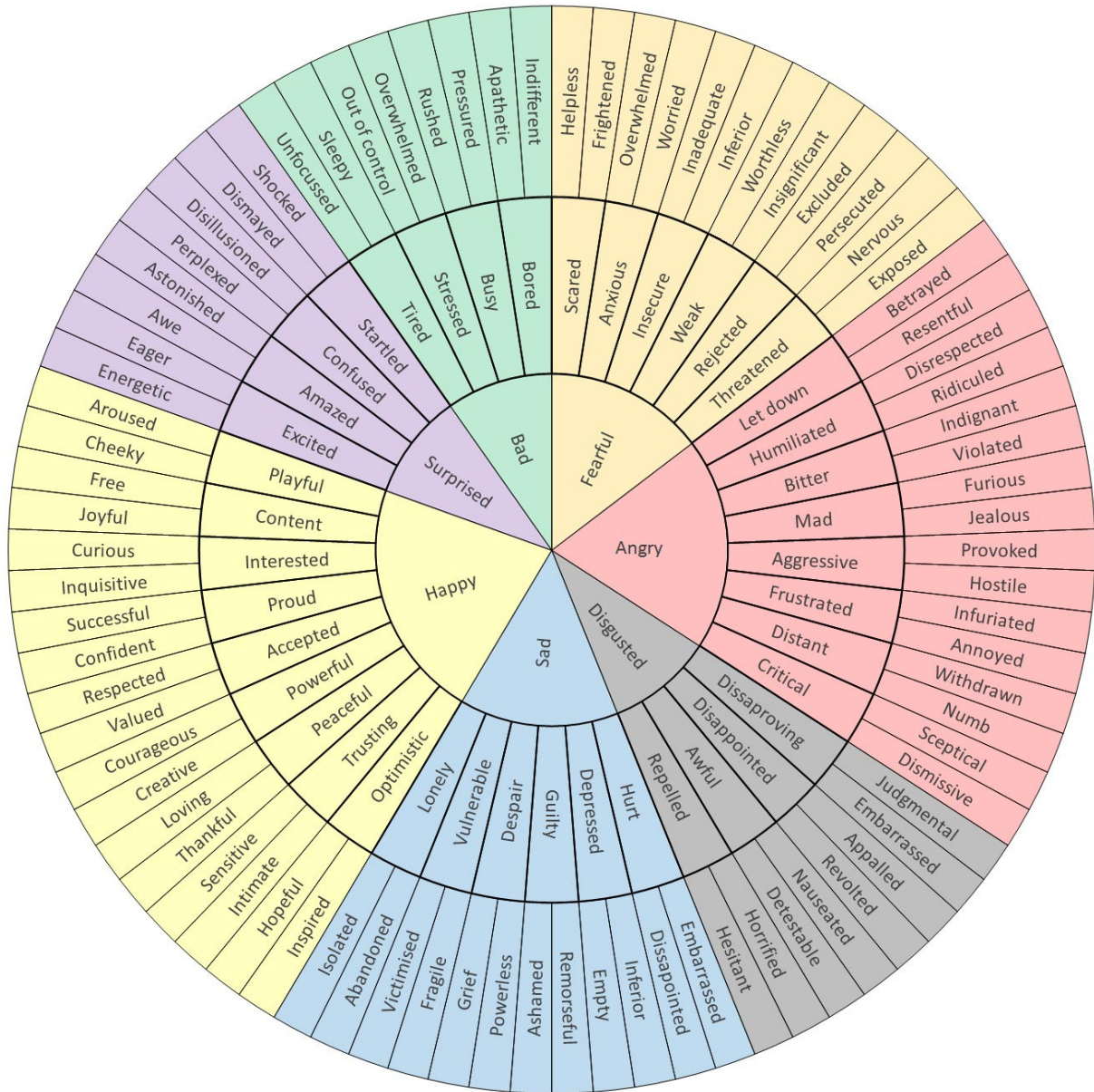
Now ask yourself if these thoughts are true and if they are helping you or harming you. Can you reframe them to better serve you?

For example:

Food thought: "I shouldn't eat chocolate during the week."

Reframe: "I am allowed to honour my cravings. Not doing so usually ends in overeating."

Labelling your Feelings



Defining what you need

Eating because you are feeling emotional is a normal and valid way to cope. However, it won't satisfy you because food is not what you are hungry for. Can you ask yourself what you are truly hungry for, What you need. When you feel the urge to eat when it is not due to physical hunger or taste hunger, ask yourself the below questions.

1. Am I hungry?
2. How do I feel?
3. What do I need?
4. Is there anything else I could add to food right now?

Your Inner Spark



The inner spark tool helps you tap into your subconscious mind and connect with where you are with your Self-Care.

Picture a fire. To light it, you need some sticks and a lighter. For it to grow, it needs sticks, logs or twigs added consistently. If you ignore it for too long, it'll go out.

Imagine you have an inner spark that's represented by a fire. That spark gets stronger and stronger with every bit of self-care you practice. The more you give yourself, the more you're your inner light shines. Sticks, logs and twigs represent your different self-care practises. Food is a form of self-care, but we're going to expand your tools.

Step 1:

Connect with your fire right now. Does it look small, medium sized or big? Is it about to go out?



SMALL

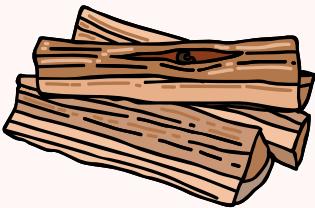
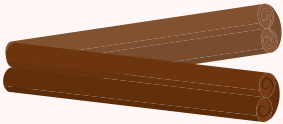


BIG

The goal is to add consistently.

Step 2:

Write a list of some self-care practices that you can reach for – the twigs, branches and sticks you can add.



Meditation / Visualisation

Becoming more conscious of your needs – inner child/younger self to develop compassion towards your needs. (Fire Visual)

It's about finding a way to connect with your inner voice and your needs. We're often weighed down by the opinions of others, what we 'should' do.

It's important to pause and reconnect with yourself.

Only **YOU** know what you need.

Other people are coming from a place of their needs. Right?

Journal Prompts

1. What came up for you with the visualisation? Pay attention for the next few days, you may get more ideas and insights.
2. What do you need more of in your life? For example, your favourite self-care activity.
3. What do you need less of? What weighs you down or causes you to feel stressed?
4. How can I add more spiritual self-care? Breaks in the week where I pause and tune into what I need. Connect with that fire and ask yourself what you need to add. Your inner voice will give you clarity on what you need to feel better.

Affirmations

When everything feels out of control, affirmations remind you that you're capable of influencing the direction of your life.

You can't control everything, but you can control some things.

They're there to inspire and energise you. To remind you of your inner power, not to fill you with fake positivity.

With time and repetition, they can help you feel more optimistic and promote inner peace.

1. I am always learning and improving my self-care.

2. I learn more about myself every day.

3. It's okay to have these feelings, my feelings are valid.

4. Today, I am prioritising my needs.

5. I trust the process.