

EMOTIONAL EATING CAN GET IN THE WAY OF LASTING WEIGHT LOSS.

Our brains learn to soothe stress with food because it gives quick comfort. But we can retrain this habit by recognizing our triggers and practicing new, non-food responses.

This example shows how self-monitoring helps you spot patterns between moods and eating, so you can find healthier ways to cope.

TRACK AN EPISODE: Using the prompts below in the moment can help you recognize emotional eating patterns and manage triggers.

DATE / TIME	EMOTIONS / INTENSITY (1–10)	SITUATION (What happened?)	RATE THE URGE (1 = mild, 10 = overwhelming)	UNDERLYING NEED (What am I really needing right now?)
<i>Example:</i> 8/20, 6:00pm	Tired, bored 5	Came home from work tired and ate an entire bag of chips.	8	Movement after sitting at work all day.

COPING MENU: List three alternatives to emotional eating and build your weekly SMART goal action plan.

EMOTION	3 ALTERNATIVE RESPONSES	REFLECTION
<i>Example:</i> Boredom	Short Walk Call a friend Listen to a song	What did I learn about myself this week? How many times did I pause and use a coping strategy this week? What challenges did I face, and what could help me overcome them next time?

WEEKLY ACTION PLAN: Make it **SMART** using the example below to get you started. Each week, reflect on what worked and where you need support with your health coach.

SPECIFIC	MEASURABLE	ATTAINABLE	REALISTIC	TIMEBOUND
When I feel tired after work and want to snack, I'll choose a non-food coping strategy from my list.	I'll log each time I use a coping strategy and track how often I paused instead of eating.	I'll practice this at least 3 times this week after work.	This works because I already have a coping menu and each option takes under 10 minutes.	At week's end, I'll review my journal with my coach and reflect on how many times I used a coping strategy.