

PHYSICAL VS. EMOTIONAL HUNGER

AM I HUNGRY?

PHYSICAL

STOMACH GROWLING
THINKING/CONSIDERING OPTIONS
LOW ENERGY
HUNGER GROWS SLOWLY
TIME HAS PASSED SINCE LAST MEAL
FOOD IS SATISFYING

YES

EAT

HEALTHY

VS.

UNHEALTHY

**EAT IT
MINDFULLY**

EMOTIONAL

NO PHYSICAL CUES (QUIET STOMACH)
SPECIFIC CRAVINGS (LIKE CHOCOLATE)
EATING FOOD FEELS LIKE BEST/ONLY OPTION
LITTLE TIME HAS PASSED SINCE LAST BITE
FOOD DOESN'T TOTALLY SATISFY
WANDERING AROUND KITCHEN, SEARCHING

YES

DISTRACTION

OR

COMFORT

GET OUT OF KITCHEN
KEEP HANDS BUSY
CONNECT
LAY DOWN
READ
EXERCISE/MOVE
MINDLESS ACTIVITY

RELAX
BREATHE DEEPLY
UNPLUG FROM
ELECTRONICS
CONNECT/BE SOCIAL
SOOTHE BODY
CLEAN



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