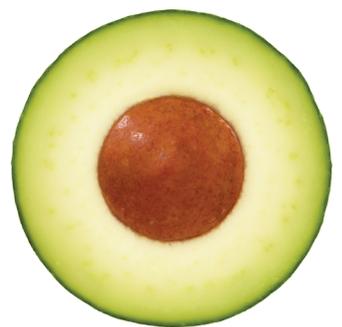
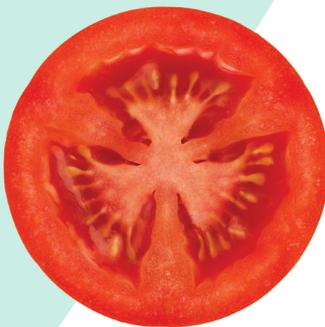


Eat Q

● QUIZ RESULTS ●

- Boost Your “EatQ”
- Benefits of Mindful Eating
- Common Mistakes When Improving Your Diet & 5 Quick Fixes
- Your Score: Your Strengths, Challenges, Things to Do



What is EatQ?

EatQ may make you think of the word, IQ. IQ is your ability to remember facts and solve logic problems. EatQ is your ability to manage the emotions that derail healthy and mindful food decisions. People who have a high EatQ are able to work through the inner voice that says, "What the heck, eat it anyway, I'll start eating better tomorrow." When a person who is struggling to boost their EatQ gets stressed, their normally solid decision making skills plummet. The GOOD news, you can boost your EatQ so that you don't overeat, feel regret and start to feel good in your body again.

E.at Mindfully
A.void Overeating
T.ackle Cravings
Q.uit Feeling Guilty



Benefits

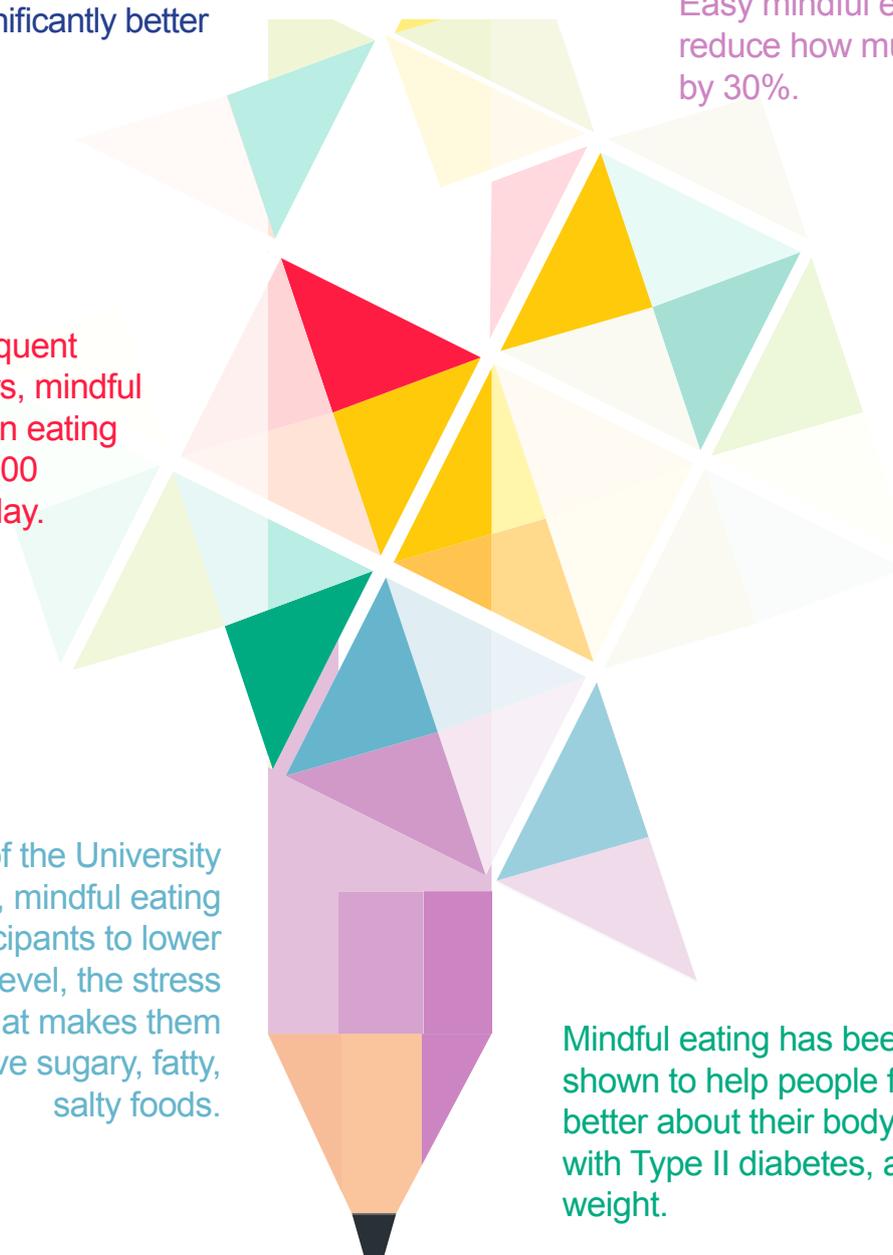
Out of 21 studies reviewed, 86% found that mindful eating skills lead to significantly better eating habits.

Easy mindful eating skills can reduce how much you eat by 30%.

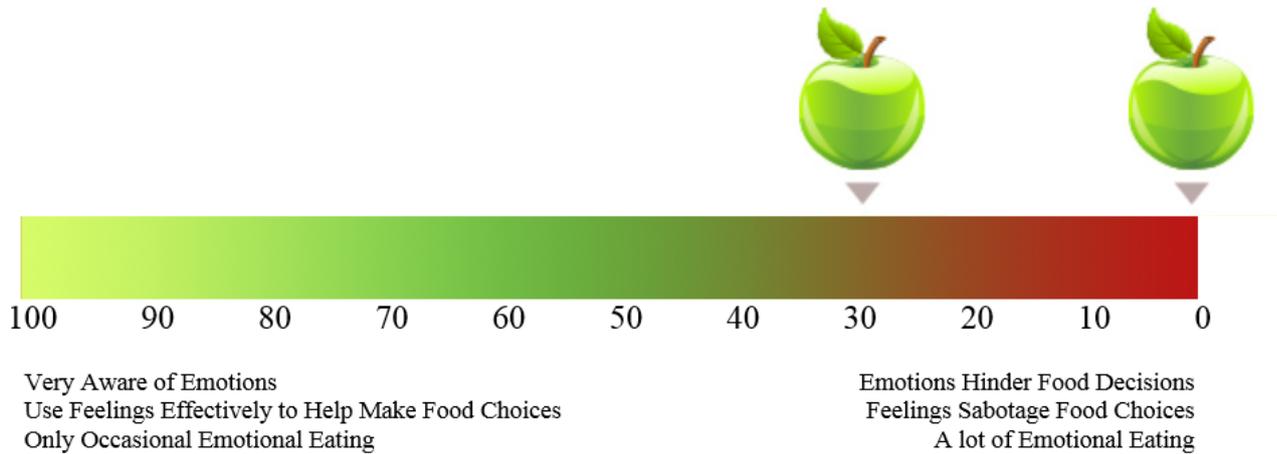
In a study of frequent restaurant eaters, mindful eating resulted in eating approximately 300 calories less a day.

In a study out of the University of California, mindful eating helped participants to lower their cortisol level, the stress hormone that makes them crave sugary, fatty, salty foods.

Mindful eating has been shown to help people feel better about their body, cope with Type II diabetes, and lose weight.



EATQ QUIZ RESULTS
KNOWING YOURSELF = EATING WELL



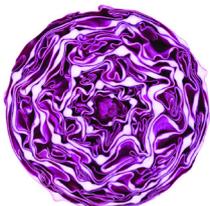
IF YOUR SCORE WAS 0-30, IT'S HARD

BUT YOU CAN DO IT!

If you scored in the high range, it is likely you are at the beginning of your journey. Welcome! You have come to just the right place. The good news is that you don't have to let your emotions rule your food decisions any more. It's likely that you are a "feeler" and you feel things in the world deeply—both positively and negatively. Emotions, at the moment, play a significant role in impacting your food choices. While feelings are important, EatQ approach will help to balance your thoughts/decisions with emotions. Having strong feelings can be helpful. You can use your gut feelings and emotions to help rather than hinder your efforts to eat well.

You likely mindlessly eat when:

- » Change, new situations are hard
- » Boredom
- » Anxiety/Nervousness
- » Stress
- » Black and White Thinking (ex. when you feel you have done it perfectly or horribly)
- » Guilt
- » Frustration
- » Not Living Up to Expectations
- » You Feel Like a Failure
- » Disappointing Yourself or Someone Else



EATQ QUIZ RESULTS
KNOWING YOURSELF = EATING WELL



YOUR CHALLENGE:

To Dial Down Emotions. It is great that you are a feeler! Feelers are often creative, artistic, spontaneous and insightful. Your task is to manage your emotions. Much like dialing down the volume on a radio. Sometimes you have to find ways to cool off your feelings so they don't effect your decision making skills. Your task is to start to be more mindfully aware whenever you eat.

TO DO:

Begin by using the 4-S approach (Sit, Slowly Chew, Savor, Stay in the Moment) each time you take a bite. This will help to slow down and begin more mindfully and in-the-moment, each time you eat. Use the Hunger vs. Emotional Eating Chart (in 5 Easy & Quick Ways to Boost Your EatQ) to help you determine if you really hungry or not and some strategies to fix it!

.....

.....

.....

.....

.....

.....

.....

.....

.....



5 MISTAKES

WHEN TRYING TO EAT MORE MINDFULLY/LOSE WEIGHT/EAT HEALTHIER & QUICK FIXES

Are you making a genuine and concerted effort to lose/manage weight and eat healthier, yet you feel frustrated. If so, you might be making these five common but critical mistakes. Unfortunately, these errors are easy to make because the logical or intuitive answer seems right on target. These are things we all do—including very smart people! Here are a few ways to stop making the same mistake over and over again.

01

Focus on Changing Food, Not Feelings: A lot of my clients start off talking entirely about the food they are or not eating—limiting their sugar, reducing their red meat intake etc. I often talk about something entirely different. Logically, it would seem that changing the type of food you put on your plate is key to weight loss. While it is very important, your mood is one of the most significant factors in determining what you choose to eat today. If you are angry at

EATQ QUIZ RESULTS

KNOWING YOURSELF = EATING WELL

your significant other and having a rotten day, it's unlikely that you are going to choose an apple over a candy bar even if it is written on your food plan. Being able to cool down is your best bet in avoiding overeating or entirely abandoning your plans to eat healthier.

Quick Fix: Before you even try to lose weight/eat healthier, determine which moods help and hinder your efforts. Write down these four basic feelings--mad, glad, sad, and scared. Drill down on the specific emotion that sabotages your efforts. For example, do you say, "Who cares what I eat," when you are mad. Being angry is one of the number one reasons people overeat. When a feeling comes up that derails your diet plans, try to manage the feelings not the food. You'll notice yourself making better food decisions in the long run. Cool down, exercise, distract yourself, vent, lay down. Do whatever it takes to cope with the feeling not the craving.

02

Stop Eating Pleasure Foods: People trying to lose weight often try to not eat, particularly treats. Not eating enough is one of the worst things you can do to lose/manage weight/eat healthier. Your body needs food and carbohydrates, which turn into glucose. Glucose is necessary for making decisions. In EatQ, I talk about easy, clever ways you can make better food decisions. I also emphasize that it is "okay" to eat some pleasurable foods. If you don't, you will end up bingeing on them. Remember—"what you resists, persists."

Quick Fix: Repeat after me. Losing/managing weight and eating healthier is not about "not eating." It's about not mindlessly eating and learning to eat pleasurable food mindfully. A recent study showed that you can reduce how much you eat by 300 calories a day by eating more mindfully. When you have something good to eat, don't tell yourself "no." Instead, focus on eating it very slowly, taking small bites, and savoring each bite. Notice how much more successful this will be than trying to muster up the Herculean willpower to say no entirely.

03

Waiting Until the Stress Stops. Have you ever said to yourself, "I'll start eating better/losing weight after (fill in the blank of a stressful event). Unfortunately, life just doesn't present itself with a pause button. It's true that there are times in life that are more stressful than others. But, stress is a constant just like death and taxes. Waiting can permanently delay your weight loss/management efforts.

Quick Fix: Stop waiting for life to calm down and begin working on coping with stress right now. Instead of trying to revamp your menu, work on remodeling your moods. Commit to unplugging completely for five minutes a day. Intentionally use that time to de-stress. You'll be surprised that with better stress management, changing your eating habits will be much easier.

EATQ QUIZ RESULTS
KNOWING YOURSELF = EATING WELL

04

Insisting That Someone Join You: If you are waiting for your significant other or friend to change with you, stop! Getting support is fantastic and necessary. Trying to insist that someone else lose weight/eat healthier with you is a recipe for disaster!

Quick Fix: One reason you might want your significant other to change is because you feel that he or she is sabotaging you---and you might be partially right. Your friend or significant other might be making you overeat without you even really realizing it. It's called, "behavioral mimicry." Almost like a line dance, people tend to unconsciously fall in line lock step with what other people. One trick is to intentionally stagger your bites with your eating companion or intentionally eat at a slower rate. This will break you away from following their lead.

05

Falling for Self Sabotaging Thoughts: Do thoughts like, "Oh what the heck" or "I'll start on Monday" can easily talk you out of making a healthy choice. If so, it might just mean you need to rewire your response to these thoughts.

Quick Fix: Focus on what you will gain right NOW! Research indicates that you are more motivated by what you will gain right now than what eating well will bring you in the future (healthy body, weight loss etc.). Instead, bring yourself back to this moment and focus on the immediate benefits of eating better in the next minute (ex. won't feel guilty, bloated, etc.).

As you can see, these missteps are easy to make. They are counterintuitive to what seems to "make sense."



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

UN HEALTHY

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 satisfied
Wandering around kitchen, Searching

YES

DISTRACTION

OR

COMFORT

Get out of Kitchen
Keep Hands Busy
Connect Sleep
Lay Down
Read
Exercise/Move
Mindless Activity

Relax
Breathe Deeply
Clean Unplug from
Electronics
Connect/Be Social
Soothe Body

What's Eat.Q? Your Easy Guide To:

E.at Mindfully

A.void Overeating

T.ackle Cravings

Q.uit Feeling Guilty



YOU MADE IT TO THE END! GREAT JOB. KEEP PRACTICING. IT'S TIME FOR YOU TO BE HEALTHY, HAPPY AND FEEL AT HOME IN YOUR BODY. BEST WISHES ON YOUR MINDFUL EATING JOURNEY. -Susan

Dr. Susan Albers
Eat, Drink & Be Mindful™

