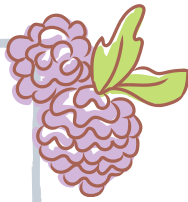
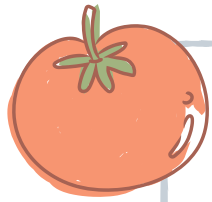


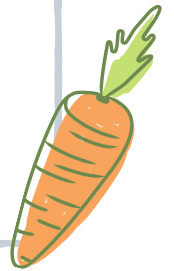
EMOTIONAL EATING

Webinar workbook



Understanding your emotional eating origins, triggers and tools that can help.

Pixie Turner RNutr



How to use this workbook

This workbook is for you to use alongside the webinar this evening.

Feel free to print it off and write your thoughts alongside in the spaces provided for reflection. Alternatively, you can take your time and answer the questions after the session has finished.

While you are going through the questions, take note of what thoughts and feelings come up. There might be some questions you find particularly challenging, or make you feel strong emotions. Take your time with these and try to approach these answers from a place of curiosity and non-judgement.

PIXIE TURNER
NUTRITION

1. What do you understand as emotional eating?

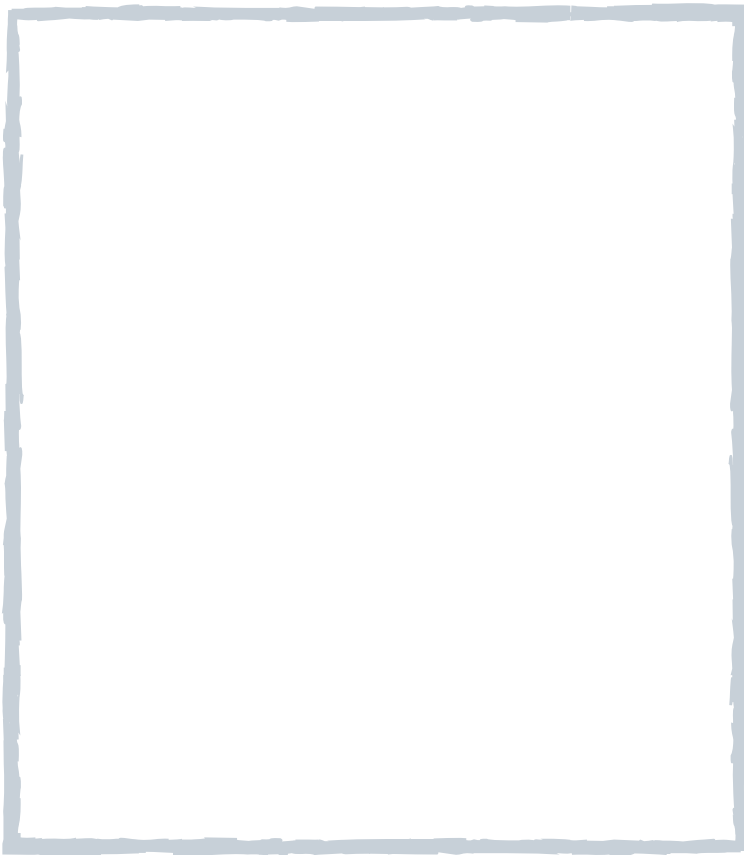
Consider things you've read, heard or been told by others.

2. Do you think this definition is useful?

Is the definition above helpful in how you think about emotional eating? Are there elements to this we could change? Is there a way to see this differently?

3. How does hunger show up for you?

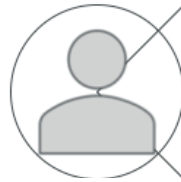
Using the diagram below as a guide, considering the signs that indicate to you feelings of hunger.



Head: headaches, lack of concentration, thinking about food, irritability

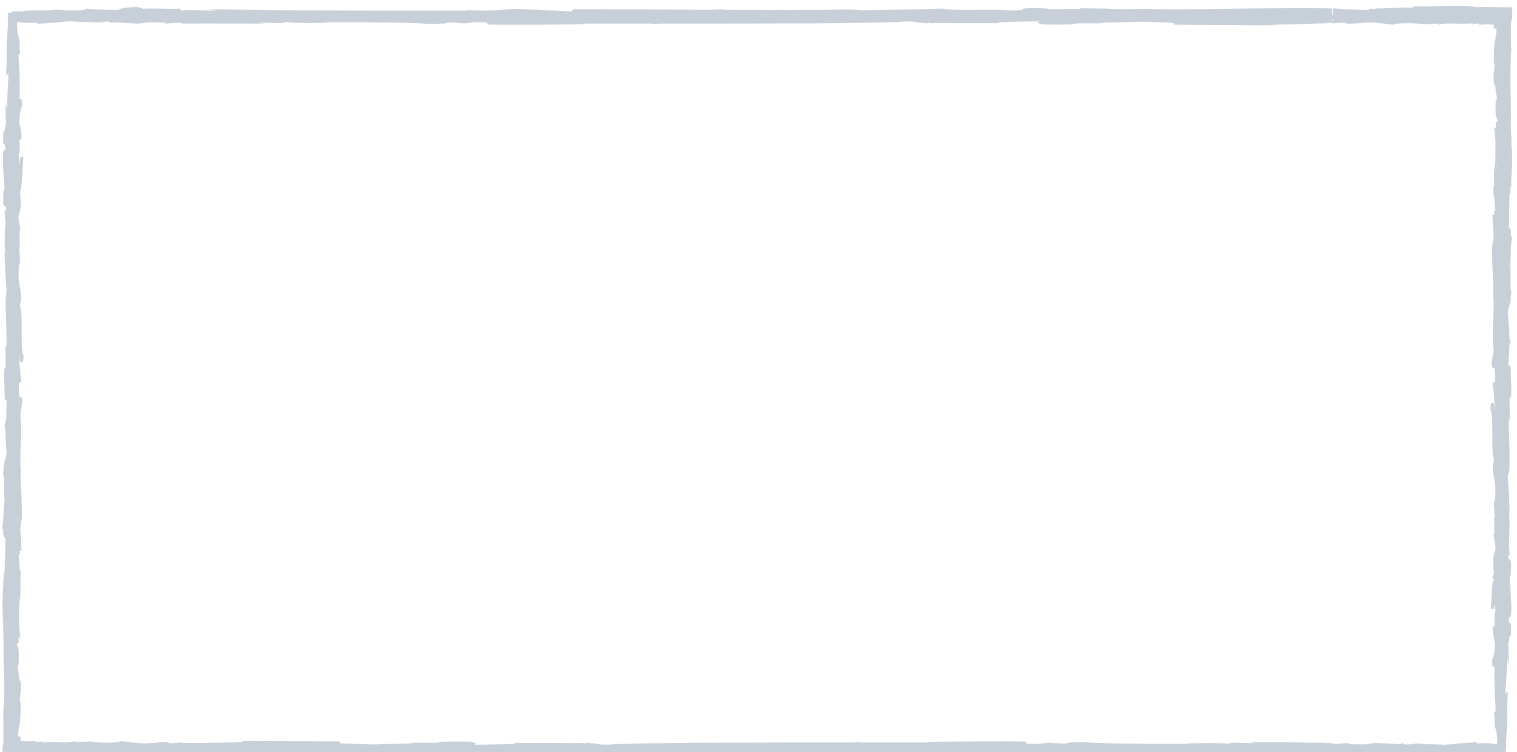


Stomach: empty feeling, rumbling, pain



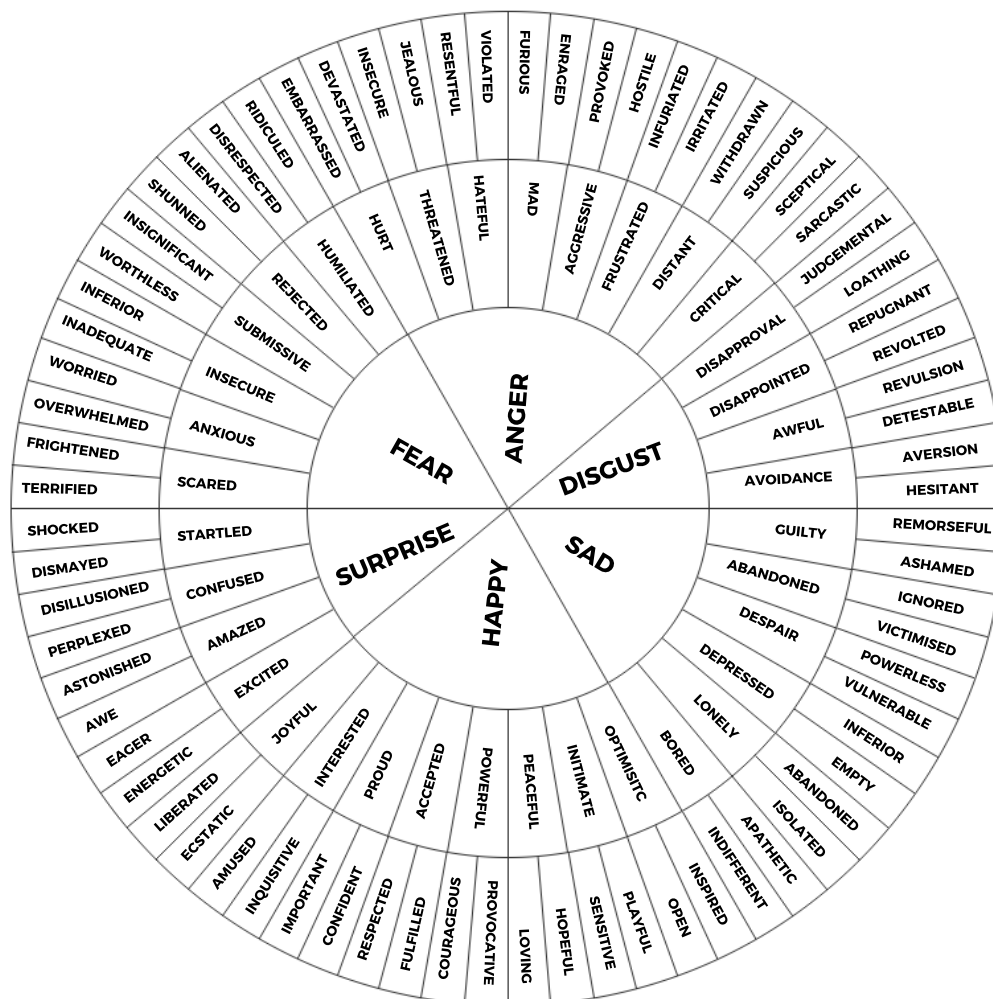
Body: tiredness, low energy, shaky

4. How will you try and connect with your hunger and fullness signals more?



5. What emotions have come up for you today?

Using the wheel of emotion below, have a think about how you've been feeling today. Is there a way to articulate this using the words below?



6. What can you use to help manage these emotions?

Try making a list of tools you use or would like to use to support you when you feel things such as sadness, stress, anger and anxiety. Can we try and include food in here too?

The emotion I'm feeling is:

The tools I can use to support this are:

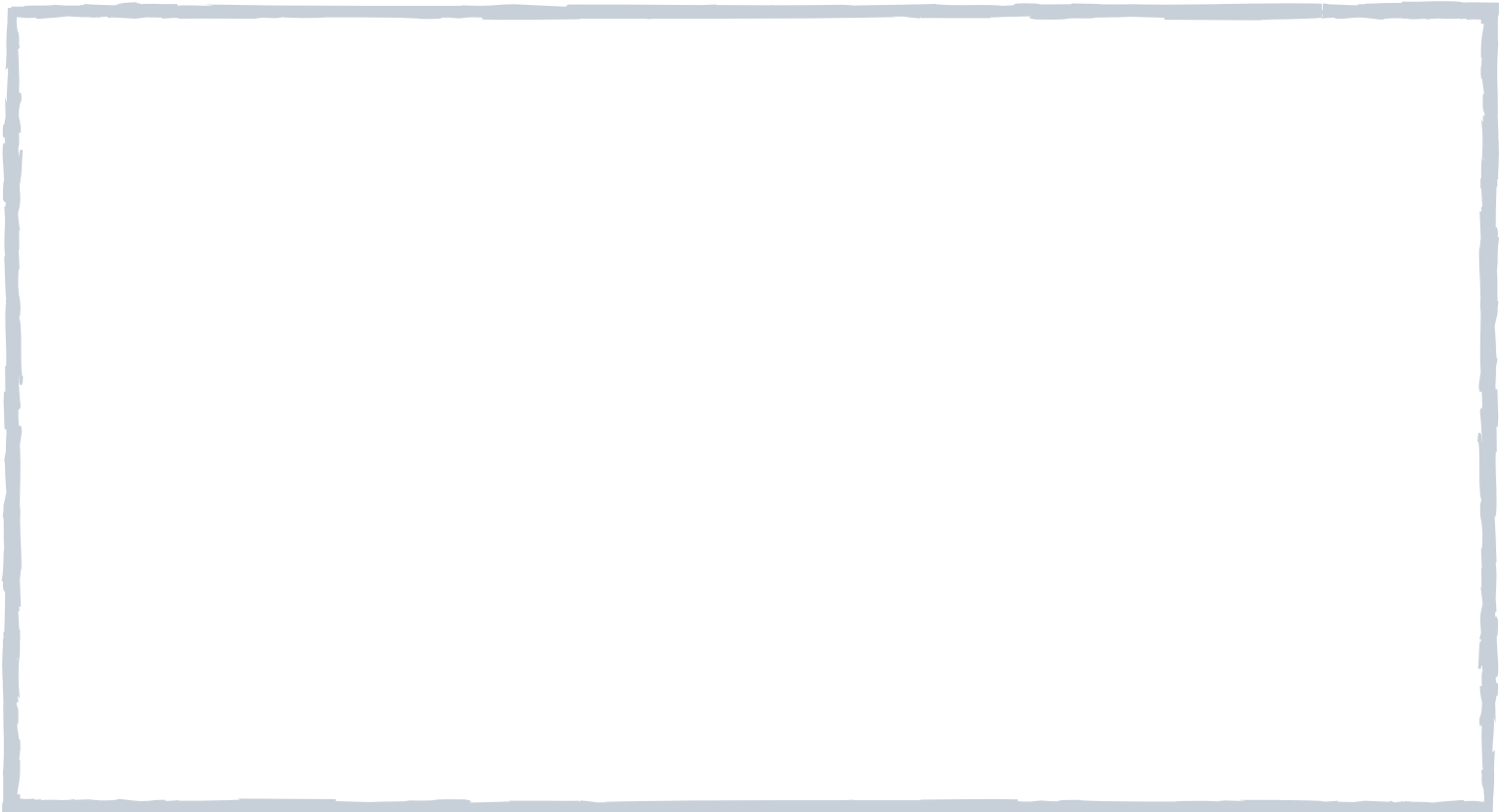
The emotion I'm feeling is:

The tools I can use to support this are:

7. How can you show kindness to yourself on a day-to-day basis?



8. What does it mean for you to accept yourself?



9. What comes up if you allow yourself to sit with your feelings?

What are you thinking?

What are you feeling?

What do you notice in your body?

10. What thoughts are you attached to that it would be helpful to distance yourself from?

I'm having the thought that.....

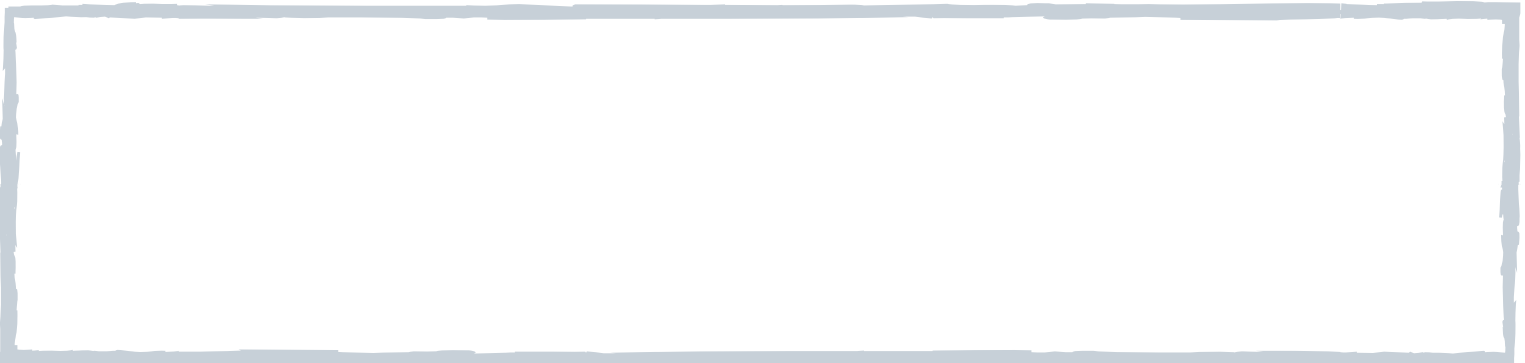
11. Where did you learn that there were good foods and bad foods?



How has this impacted you?



12. What did you learn about emotions growing up?



How has this impacted on you?



13. What did you learn about your body in your childhood?

How would you behave differently if you treated your body well?

What are your biggest takeaways?

What's come up for you during the session today, are there any thoughts or feeling that have surprised you?



Accessing more support

At Pixie Nutrition we provide 1-1 support to help you improve your relationship with food. We work with a variety of nutrition-related issues, including disordered eating, intuitive eating, emotional eating and body image work.

If you are curious to find out more about how we can support you, or are unsure about booking in for an initial session we offer a free 10 minute discovery call. This call is a chance to have a confidential no-pressure chat, to see how we could help you, and to answer any questions you may have.

Contact us



hello@pixieturnernutrition.com



[@pixienutrition](https://www.instagram.com/pixienutrition)



www.pixieturnernutrition.as.me

PIXIE TURNER

NUTRITION