

Episode 41: Food Planning: Emotional Eating in Disguise

Top 5 Tips

We've got 5 tips to stop using food planning to buffer your emotions.

1. **Pay attention:** We always want to jump to the solution. Okay, if I'm using food planning as a buffer, then what do I do to fix it? First? Nothing. Pay attention. Go through your day and notice what behaviors you are using to mask the negative emotions. You can't do anything about it until you recognize it.
2. **Plan ahead:** This sounds hilarious when the behavior we're talking about is food planning. But, hear me out. If you look ahead in the week and plan out your dinners, you make the decision ahead of time. You put time aside in your week to do the planning. Then, put it on the schedule. Then, there is no reason to spend your free time researching recipes. It's already decided.
3. **Pay attention to what comes up:** Every time you take away a buffer- food, technology, exercise, drugs, alcohol, cigarettes, candy. Instead of moving to the next one, just see what comes up for you. Write it down.
4. **Teach yourself how to feel emotions:** We will provide the Allowing your Emotions worksheet, and you can listen to episode 14 if you'd like some more guidance on this.
5. **Remember your why:** For so long I was caught up in dieting, bingeing, buffering. Looking outside of me to feel better. I used healthy eating, crossfit, and talking about health to distract myself from my life. None of these things are bad. But, I wasn't paying attention. And now I am. It's important to me to be in charge of my own life. Not to let others dictate how to live it, but to be fully present through the whole thing. That's my why, what's yours?

