



Helping Women Thrive Through Change

MOOD • FOOD • ME

Pause before you judge the pattern

Sometimes mood and eating become connected. The aim here is not to label food as good or bad. It is to become curious about what was happening for you.

BEFORE I ATE

What was I feeling?

What was I thinking about?

WHAT DID I NEED?

Was I hungry, tired, stressed, bored, upset, celebrating, looking for comfort, needing a break, or something else?

What did I think I needed in that moment?

WHAT HAPPENED NEXT?

What did I eat or do?

How did I feel afterwards?

WHAT CAN I LEARN?

Is there a pattern here that could help me understand myself better?

What might I try next time?