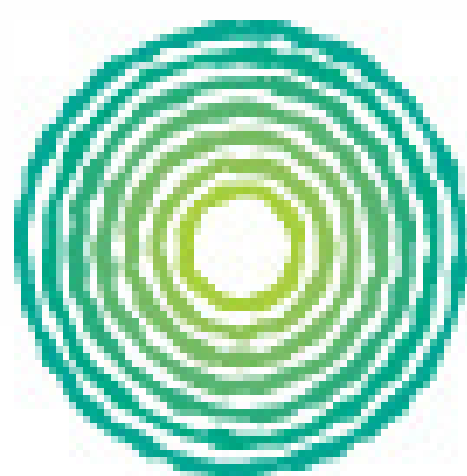


# 5 STEPS TO BREAK FREE OF **EMOTIONAL EATING**

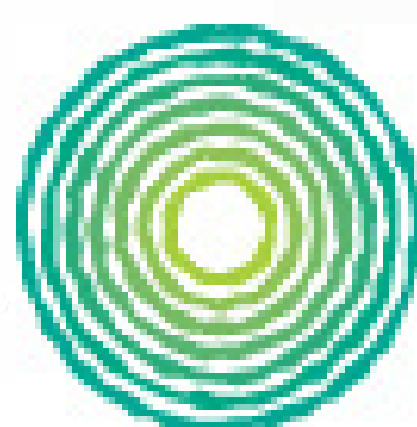


**Anna Baylis**  
MIND BODY COACH



# OVERCOMING EMOTIONAL EATING AND FINDING FREEDOM WITH FOOD

Do you struggle with emotional eating? Are you tired of feeling like food controls your life? If so, you're not alone. Emotional eating is a common issue that affects many people, but the good news is that it's possible to break free from this cycle and start living a healthier, happier life. In this ebook, we'll explore five steps to help you overcome emotional eating and develop a more positive and empowering relationship with food. From identifying self-limiting beliefs to practicing self-care, these steps will provide you with the tools and strategies you need to make lasting change and start living the life you deserve.



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# DISCOVER YOUR SELF-LIMITATIONS

Do you feel like you're stuck in a cycle of emotional eating? Are you frustrated with your inability to control your eating habits and make healthier choices? If so, you're not alone. In this chapter, we'll explore the concept of self-limiting beliefs and how they can contribute to emotional eating.

## SELF-LIMITATIONS

Self-limiting beliefs are beliefs that we hold about ourselves, our abilities, and our potential that hold us back from reaching our goals. These beliefs are often rooted in negative self-talk and a lack of self-confidence. When it comes to emotional eating, self-limiting beliefs can contribute to feelings of shame and self-doubt, making it difficult to break free from the cycle of emotional eating. For example, you may believe that you're not worthy of love and acceptance unless you're thin, or that you're powerless to resist food cravings. These beliefs can make it difficult to make healthy choices and create lasting change.

## EXAMPLES

Here are a few examples:

- "I'm not good enough as I am."
- "I'm powerless to control my food cravings."
- "I'm a failure because I can't stick to a diet."
- "I don't deserve to be happy and healthy."
- "I need food to cope with my emotions."

**"Beliefs have the power to create and the power to destroy. " - Tony Robbins**

## IDENTIFY YOUR SELF-LIMITING BELIEFS

Identifying self-limiting beliefs is the first step in breaking free from the cycle of emotional. Keep a journal to track your thoughts and feelings around food and eating. Look for patterns in your thinking and identify any self-limiting beliefs that may be holding you back.



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# LIVE BY YOUR VALUES

By identifying your core values and prioritizing them in your life, you can create a sense of purpose and direction that will help you make healthier choices and avoid emotional eating triggers. In this chapter, we'll explore the concept of living by your values in more detail, including how to identify your values and how to apply them to your daily life

## HOW TO IDENTIFY YOUR VALUES

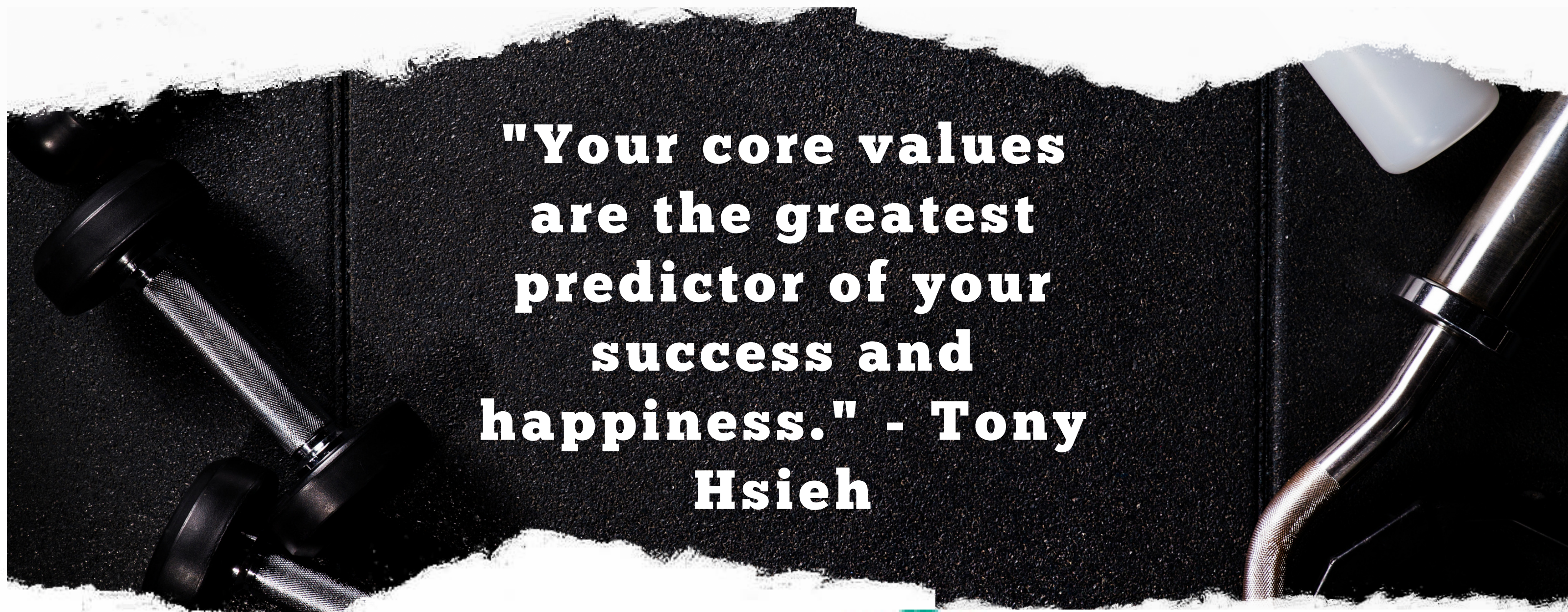
- Reflect on what's most important to you. What brings you joy and fulfillment in life? What are your passions and interests?
- Think about times when you've felt the most proud or fulfilled. What values were you honoring in those moments?
- Consider what qualities you admire in others. What values do they embody that you want to cultivate in your own life?

## A SENSE OF PURPOSE AND DIRECTION

Living by your values can help you make healthier choices by providing a sense of purpose and direction. For example, if one of your core values is self-care, you might prioritize activities like exercise or meditation as a way to cope with stress instead of reaching for food.

## PRIORTISE YOUR VALUES

Once you've identified your values, it's important to prioritize them in your daily life. This might involve setting goals or creating a daily routine that supports your values. If one of your core values is growth, you might seek out opportunities to learn and develop new skills as a way to cope with difficult emotions or challenges.



**"Your core values  
are the greatest  
predictor of your  
success and  
happiness." - Tony  
Hsieh**



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# RELEASE SUPPRESSED EMOTIONS

Unresolved emotions can manifest in many ways, and emotional eating is one of them. When we suppress our emotions, we may turn to food as a way to cope, seeking comfort and distraction from our feelings. However, this behavior only provides temporary relief and can actually exacerbate our emotional distress in the long run. In this chapter, we will explore the importance of releasing suppressed emotions and provide strategies for doing so.

## 🎯 HOW SUPPRESSED EMOTIONS LEAD TO EATING

Suppressed emotions can contribute to emotional eating in a number of ways. When we hold in our emotions, we may experience increased stress and tension, which can trigger cravings for high-calorie foods. Additionally, food may become a way to distract ourselves from our emotions or numb ourselves to our pain. However, this coping mechanism only provides temporary relief and can lead to feelings of guilt, shame, and self-criticism.

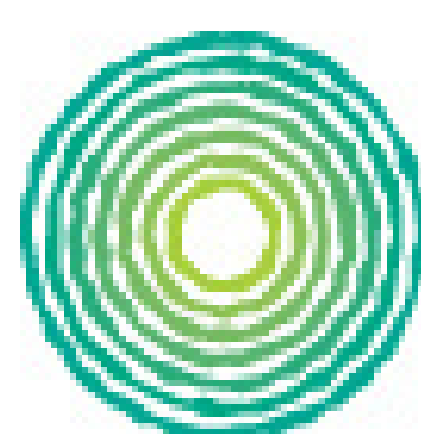
## 🎯 BENEFITS FOR MENTAL AND PHYSICAL HEALTH

Releasing suppressed emotions can have many benefits for our mental and physical health. When we allow ourselves to feel and express our emotions, we may experience increased emotional resilience, greater self-awareness, and improved relationships with others. Additionally, releasing our emotions can decrease our reliance on food for comfort, helping us to make healthier choices and break free from the cycle of emotional eating.



## 🎯 STRATEGIES TO RELEASE EMOTIONS

There are many strategies for releasing suppressed emotions. Mindfulness meditation, for example, can help us to become more aware of our thoughts and feelings, allowing us to process and release them in a healthy way. Talking to a trusted friend, family member, or coach can also be helpful, as it provides a safe space to express our emotions and gain perspective on our experiences. Other strategies may include engaging in creative expression, such as writing or art, or practicing relaxation techniques like deep breathing or yoga. The key is to find a strategy that works for you and to make it a regular part of your self-care routine.



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# REPLACE NEGATIVE THOUGHTS

Our thoughts can have a powerful impact on our behaviors and emotions, and negative self-talk and thought patterns can contribute to emotional eating.

## 🎯 HOW NEGATIVE SELF TALK CAN CONTRIBUTE

Negative self-talk and thought patterns can contribute to emotional eating in a number of ways. For example, if we constantly tell ourselves that we are not good enough, we may turn to food as a way to soothe our feelings of inadequacy. Additionally, negative thoughts can lead to increased stress and anxiety, which can trigger cravings for comfort foods.

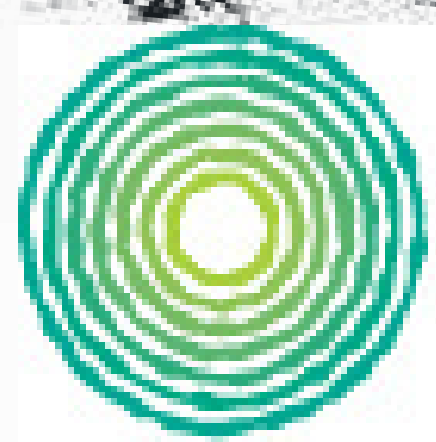
## 🎯 CHALLENGE YOUR SELF TALK

Once you have identified the limiting self-talk it is time to challenge it, by either questioning it, or replacing it with more realistic and positive self-talk. Another strategy is to practice daily affirmations, such as repeating positive statements to oneself each day. This can help to reinforce positive self-talk and improve overall self-esteem.

## 🎯 SELF-COMPASSION

It's also important to practice self-compassion and avoid self-criticism when negative thoughts arise. Instead of beating yourself up for having negative thoughts, try to view them with curiosity and compassion. Recognize that negative thoughts are a normal part of the human experience and that it's okay to have them from time to time. By treating yourself with kindness and understanding, you can improve your overall well-being and reduce the likelihood of turning to food for comfort.

**"Be mindful of your self-talk. It's a conversation with the universe." - David James Lees**



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# SELF-CARE

Self-care is an essential component of overcoming emotional eating. When we take care of ourselves physically, emotionally, and mentally, we are better equipped to handle the stresses and challenges of daily life. In this chapter, we'll explore the importance of self-care and provide strategies for incorporating it into your daily routine.



## ➊ REDUCE STRESS

Self-care is crucial for managing emotional eating because it helps reduce stress and promotes emotional well-being. Examples of self-care practices that can be helpful include exercise, meditation, spending time in nature, or engaging in activities that bring you joy. By taking time to care for yourself, you are better able to manage your emotions and reduce the likelihood of turning to food for comfort.

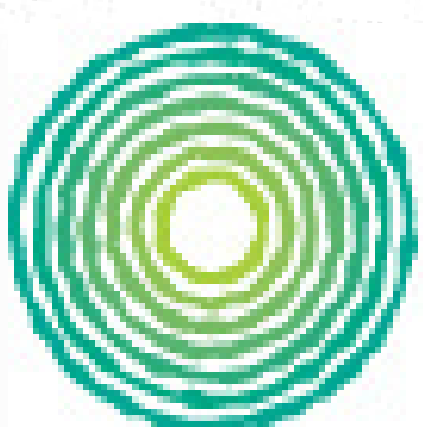
## ➋ PUT YOU FIRST

It's important to prioritize self-care in your daily life and develop a routine that works for you. This might involve setting aside time each day for activities like yoga, journaling, or taking a relaxing bath. It's also important to recognize that self-care is not selfish - taking care of yourself is necessary for your overall well-being and allows you to better care for those around you.

## ➌ MAKE SELF-CARE A PRIORITY

Remember that self-care doesn't have to be complicated or time-consuming. Even small acts of self-care, such as taking a few deep breaths or going for a walk outside, can have a big impact on your emotional well-being. By making self-care a priority in your life, you can improve your relationship with food and develop a healthier, more balanced approach to eating.

**"Self-care is how you take your power back." - Lalah Delia**



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**Ready to Break Free from  
Emotional Eating and reclaim  
your health?**

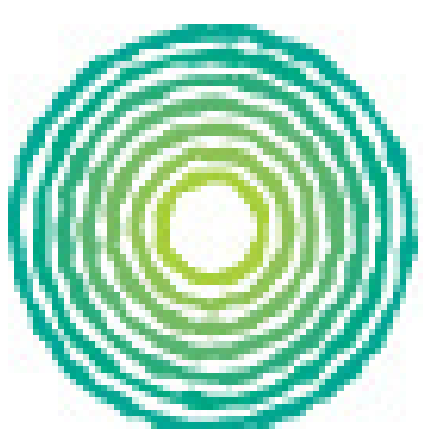
**SCHEDULE YOUR DISCOVERY CALL**  
**NOW!**

Are you tired of struggling with emotional eating and feeling like your negative thoughts and beliefs are holding you back? If so, it's time to take the first step towards a healthier, happier you. As a specialist in emotional health, I'm here to help you identify and overcome the obstacles standing in your way. During a discovery call with me, we can discuss your unique challenges and develop a plan to help you achieve your goals. Don't let emotional eating control your life any longer - book your discovery call today!

**Anna Baylis - Mind Body Coach**

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