



WELLNESS WEDNESDAY WEBINAR

Would You Like Fries With That Emotion?

with Marilese Franklin & Patrica Terriere

This presentation is made possible by grant funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) Grant #SM059955



Would You Like Fries with that Emotion?

*Emotional Eating in the Fast Lane
with
Marliese Franklin and Patricia Terriere*

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The spices of life are many...

~**Sour**, **Sweet**, **Bitter**,
Pungent~all must be
tasted

Chinese Proverb

Center our breath together

Like the center of a flower...



Or...

the comfort of a sunrise...



What we'd like to give you in this webinar...



- *an understanding of emotional eating
- *useful strategies to cope with emotional eating
- *a brief guided imagery to aid in stress reduction

Just what IS Emotional Eating?



Eating or NOT eating in response to emotions. Overeating in response to emotions. Usually foods that are high in sugar and fats...so called comfort foods... Eating to "feel" better, to alleviate emotional pain, end up feeling much worse, much like a...

Vicious cycle...

:)

Giving a trout a bike



it's a fish-ous cycle.

Contributing Factors

- * **Stress, overwhelm**
- * **Distractions like TV or video games**
- * **Driving**
- * **Distressing environment, people, places**
- * **Conflict, knowledge of conflict**
- * **Extreme life changes**
- * **Physical pain**
- * **Social-Economic**
- * **Memories**

It goes with saying...

Here are some terms we use regularly to express how we relate to our emotions and use food to reinforce our feelings:

"weighed down"

"heavy"

"stuffing our emotions"

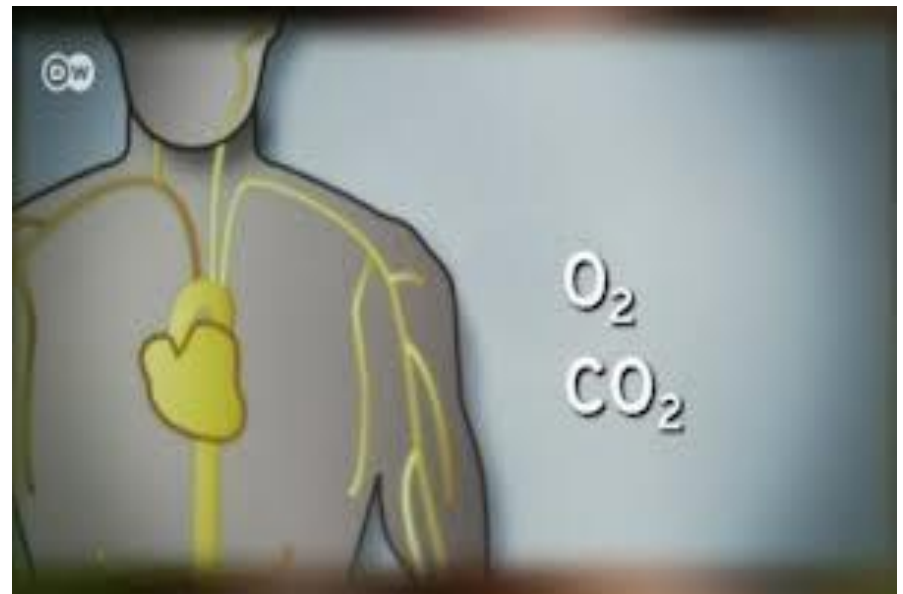
"eating our feelings"

What are some sayings that come to mind for you?

Strategy one~Breathing...

Breathing becomes interrupted, even halted during times of stress and strong emotion. Lack of sufficient oxygen contributes to negative emotion and increased stress.

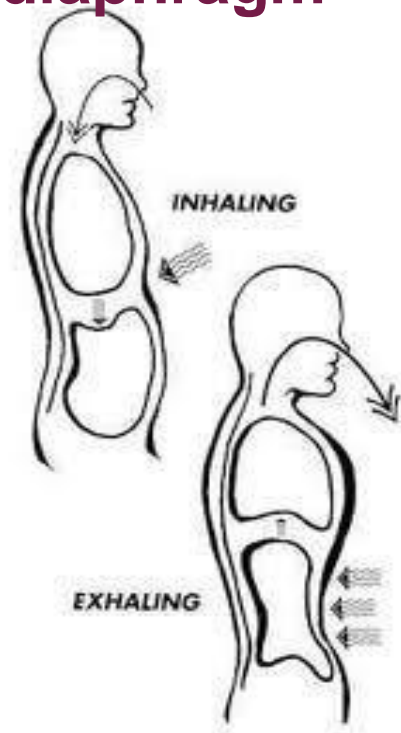
While it may seem basic, breathing is a wonderful starting point when working with emotional eating.



Getting acquainted with your very own breath...

Inhale, feeling your chest and your belly rise. Exhale with your chest and belly too.

Breathing from the diaphragm



Inhale, Exhale, Rinse, Repeat

Inhale to the count of 5 placing thumb and forefinger of dominant hand together. Hold to count of 3, exhale and release fingers. Repeat 4 times.



Strategy 2~Gentle Reminders

Gently reminding ourselves of where we are going and what we wish to accomplish can be very helpful when working with our emotional eating pattern

We can even begin with:

~I am...

~I'm learning to be...

~I enjoy feeling...

Remembering to breathe~



with a smile :)

Writing these gentle reminders on sticky notes and placing them in visible places throughout your home, car and office will help to encourage you wherever you are:



Bringing it all to the table

With a bit of willingness and a lot of practice, we can learn to integrate breathing and gentleness into our mealtimes. We begin to let go of our emotions and connect to the joy and "sense-ation" of eating...



Enjoyable eating

Learning the connections of our emotions to our eating patterns and using the tools of breathing, gentle affirmations and guided imagery to release stress and overwhelm we can begin to nourish our whole being rather than simply feed our faces.

With acceptance and compassion and learning love and patience towards ourselves, of course...

<3



Guided Relaxation

Redirects your mind to healthier choices regarding food and overall well-being.



Your Unique Imagination

- ~Creates focus on your mind/body connection.
- ~Can create harmony and emotional calm.
- ~Is always available to you.
- ~Is a fabulous friend in promoting healing.



Let's go!

**On a guided imagery
journey....**



Feeling refreshed...

and relaxed,
inspired to
continue
with your day...

Thank you...

For all that you are...



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Question & Answer

Marliese and Patricia would love to invite you to email them at
personalwellnesshypnosis@gmail.com

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Thank you for joining us!

Please complete the brief survey that appears when you close the event window. If you would like to receive Patricia and Marliese's newsletter, please complete the appropriate box in the survey.

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