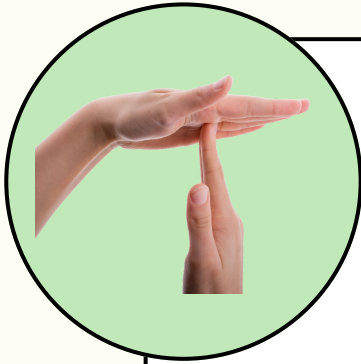


5-MINUTE EMOTIONAL RESET



01. PAUSE (1 MINUTE)

Purpose: Interrupt the automatic “urge → eat” loop.

What to do:

1. Stop and notice: “I’m feeling an urge.”
2. Say (silently or aloud): Pause. I have a choice.
3. Delay acting for 60 seconds. (You can still eat afterwards if you want.)

Why it works:

Research on urge surfing (Marlatt, 1994) shows that cravings rise, peak, and fall like waves, usually within minutes. By pausing, you weaken the brain’s habitual link between discomfort and eating.

02. BREATHE (2 MINUTES)

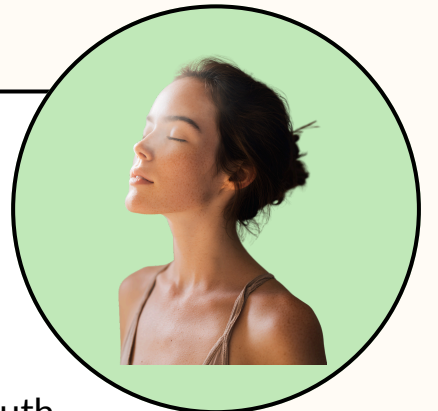
Purpose: Calm the stress response that drives emotional eating.

What to do:

- Try the 4-6 breath: Inhale through the nose for 4 counts, exhale through the mouth for 6.
- Do this for 5 slow breaths.
- As you breathe out, silently say: I can handle this feeling.

Why it works:

This activates the parasympathetic nervous system (“rest and digest”), lowering cortisol and heart rate (Ma et al., 2017). Emotional eating often starts with physiological stress, breathing brings your body back to baseline.



03. CHOOSE (2 MINUTES)

Purpose: Connect to what you actually need — food or emotional relief.

Ask yourself:

1. “What am I feeling right now?” (e.g., lonely, anxious, bored, overwhelmed)
2. “What do I really need?” (e.g., rest, connection, reassurance, movement, comfort)
3. If I still want to eat, what would feel nourishing to my body right now?

Why it works:

Emotional eating is often an attempt to regulate emotion. Labeling feelings activates the prefrontal cortex (Lieberman et al., 2007), helping you respond thoughtfully instead of reactively.





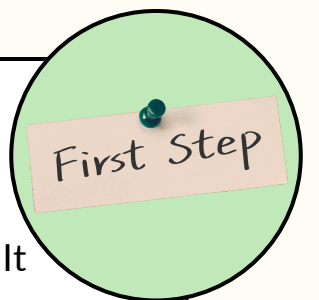
OPTIONAL 2-MINUTE GROUNDING EXERCISE (if urge persists)

The 5-4-3-2-1 Technique (used in mindfulness and trauma-informed therapy):

- Name 5 things you can see
- Name 4 things you can touch
- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 thing you can taste

This shifts focus from emotional distress to sensory awareness, reducing intensity of the craving.

A SIMPLE STEP TOWARD LASTING CHANGE



This simple reset interrupts the automatic, “autopilot” response that drives emotional eating. It gives you a brief moment of mindful awareness, just enough space to make a conscious choice instead of a reactive one.

Why this is only the first step

You can’t breathe away deep-seated emotional patterns, but you can start by becoming aware of them. In my course, “*Heal Your Hunger*,” I dive deeper into:

- Identify your personal emotional triggers
- Break the automatic link between emotions and food
- Rewire your habits so you’re not relying on willpower
- Build simple, sustainable self-regulation tools that actually last
- Support your body through nutrition and lifestyle habits that reduce cravings and stabilise your energy

If you’re ready to stop feeling out of control around food, and actually understand why it’s happening, and how to change it, [Heal Your Hunger](#) will walk you through it, step by step.

PRINTABLE RESET SCRIPT

(Keep this on your fridge or phone)

STOP.

Take 3 slow breaths.

“I’m having an urge, and I have a choice.”

Ask:

What am I feeling?

What do I really need right now?

What’s one small act of care I can do instead?

(If I still want to eat, I’ll slow down and really enjoy each bite.)

FINAL MESSAGE

Emotional eating is not a flaw. It's communication. It's your body and mind saying: "Something inside needs attention." Instead of silencing the signal with guilt, try listening with curiosity. Healing is not linear. But with awareness, kindness, and small daily changes, you can create peace with food and with yourself.



Nourish your body. Honour your cravings. Feel amazing.

[Book Your Free 15-Minute Chat](#)

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