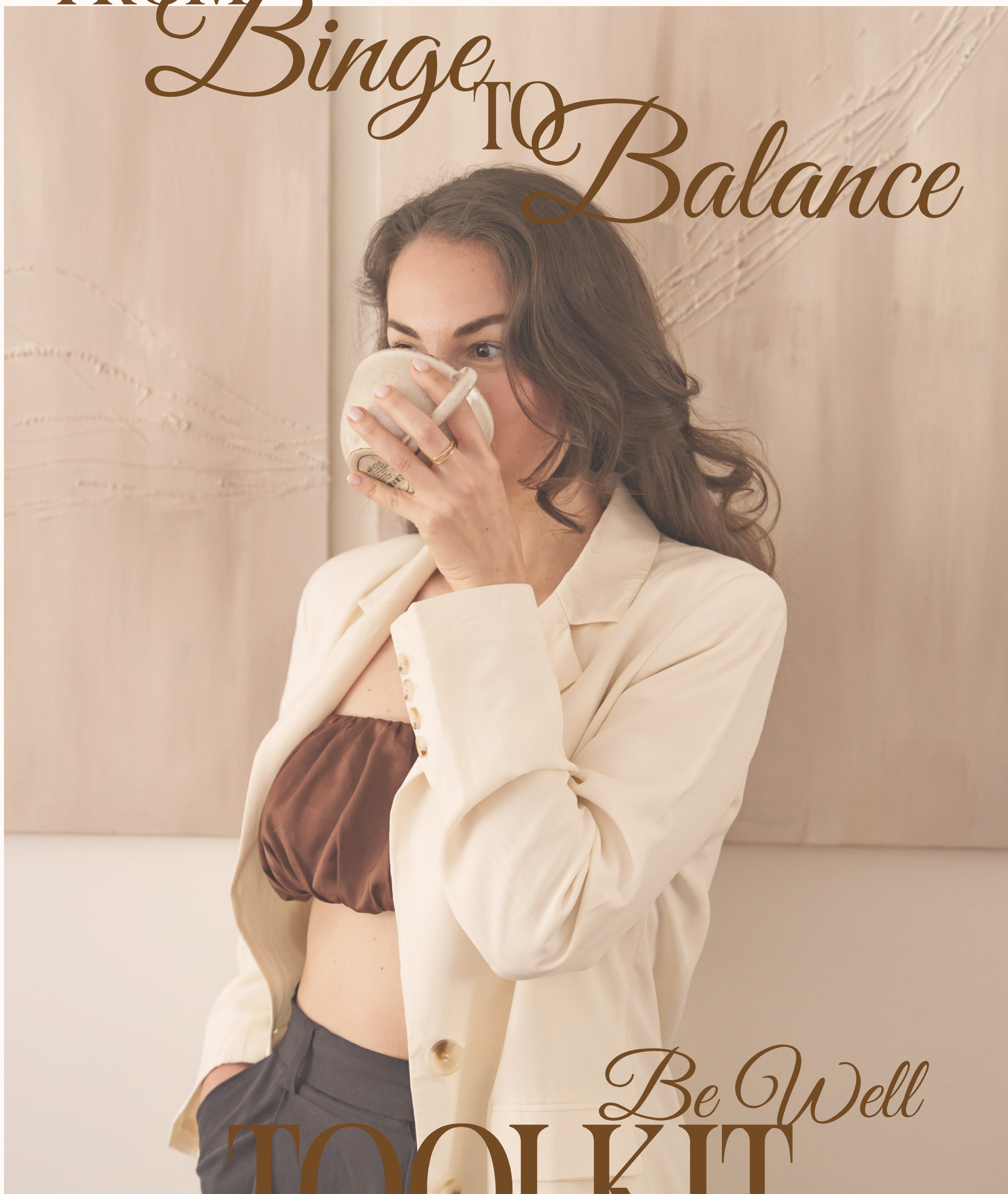


FROM
Binge TO *Balance*



Be Well
TOOLKIT

A practical guide for busy women who are stuck in the binge-restrict cycle and want to finally understand what's driving it

@bewellwithsewell

Before we start... read this first!

Hi! I'm Leandra,

After 8 years in the yachting industry, working & living in a fast-paced, high-pressure environment, I know how easy it is to become disconnected from your body. For years, I believed my worth was tied to how my body looked. I placed constant pressure on myself to change it, to be leaner, more "in control," more perfect. This mindset had me living with an eating disorder, where my relationship with food became something I felt trapped in. It would manifest into binge eating, late-night snacking, and cycles of guilt and shame. No matter how disciplined I tried to be, I always found myself back in the same pattern.

It wasn't until I began doing the deeper work that everything shifted. I realised my relationship with food was never actually about food. It was a symptom. It was a coping mechanism that my body was using to try to communicate with me, asking me to slow down, to listen, to address what was really going on beneath the surface.

I started to uncover the emotions I had been avoiding, not just around food, but across all areas of my life. Stress, pressure, control, self-worth... it was all connected.

And in that process, something powerful happened:

I stopped trying to fix myself... and started understanding myself. I healed my eating disorder, rebuilt trust with my body, and I found a sense of peace with food that I never thought was possible.

That's why I created this space.

Because I know what it's like to feel stuck in your body, in your habits, in your mind, and I also know what it feels like to come back home to yourself. My mission is to help you see that you are not broken and that your relationship with food is actually the doorway to something greater. This is about learning to listen to your body, trust it, and use it as your guide, not just with food, but in how you live your life.

Once I started healing and became more self aware, and put this energy into other areas of my life, my yachting career started thriving, I gained the confidence to fight for what I believe in at work, build a dream team from strong values and have manifested so many things in my personal life too.

So, wherever you are on this journey, I hope I can encourage you to keep going and that this **Binge To Balance Toolkit** will give you the guidance & support that you need.

*Be Well,
Leandra.*



You are in the right place...

This toolkit is for you if:

- You feel like you're constantly thinking about food
- You swing between being "in control" and then overeating
- You find yourself binge eating or late-night snacking, even when you don't want to
- You feel guilt or shame after eating
- You've tried to "fix" your eating habits, but nothing seems to stick
- You feel disconnected from your body and don't know how to listen to it
- You feel exhausted trying to control your body

This is your "I don't have time, but I still choose myself" plan.





The Tools



01- *Pause, Instead of React*

When you feel the urge to binge or snack unconsciously, do the following;

- Pause for 10 seconds
- Take 3 slow breaths
- Put your hand on your belly (grounding)

You're not removing the option, you're removing autopilot and you are bringing yourself back to the present moment.



02- *The 60-Second Reset*

Use this before reaching for food, reacting emotionally or saying yes when you mean no;

- What am I feeling in my body right now?
- Am I physically hungry or emotionally activated?
- What do I actually need in this moment?

This creates space between trigger and action. Take note of what comes up for you and journal on it when you get a chance.



03- *The Quick Nervous System Reset*

When you feel overwhelmed or out of control, pick ONE of these;

- Go for a quick walk (even around the boat)
- Splash cold water on your face
- Step outside for fresh air
- Shake out your body for 1-2 minutes
- Sit and take slow breaths (long exhales)





The Tools



04- The “Eat Like You Care About Yourself” Guide

This is a simple food structure with no rules and no restrictions. This isn’t about perfection, it’s about supporting your energy. The following combination keeps you full, balances your blood sugar and prevents that crash that makes you want to binge.

Include the following in your meals & snacks;

- Protein
- Healthy Fats
- Fibre

Ask:

“Will this keep me grounded, or spike and crash me?”



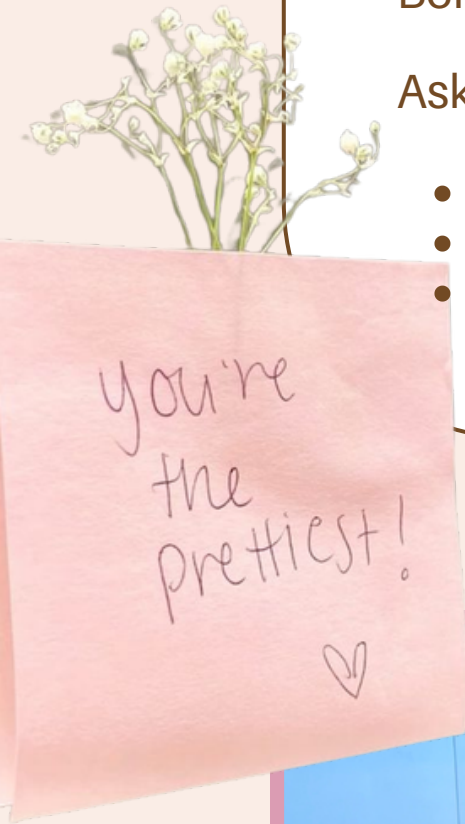
05 - The Body Compass (Decision Tool)

When making a decision, your body knows what you want, the mind can catch up later;

Before saying yes to something:

Ask your body

- Does this feel calm or contracted?
- Do I feel safe or anxious?
- Am I choosing this... or tolerating it?



06- The No-Guilt Bounce Back

If you do have a session of overeating / emotional eating, please don’t restrict yourself, punish yourself, or over think it.

I encourage you to:

- Meet yourself with love, compassion and understanding
- Nourish your body with your next meal
- Regulate your body and ground yourself
- Move forward and choose again

One moment doesn’t define you.





Bonus

YOUR DAILY NON-NEGOTIABLES

Even on your busiest days,

Stay hydrated by drinking water

Have proper meals

Move your body in a grounding way (even 5 min)

Create 1 moment of stillness

Check in with yourself

Daily Gratitude

This will keep you anchored, no matter what.

Final Word

Take this affirmation with you from this point forward:

"My body is not against me, it's guiding me.

The more I listen, the more I trust.

The more I trust, the more I become."

My worth is not
tied to how my
body looks

Your body is not
a problem to be solved.

It's a home to be loved.