

3 Powerful Mindset Shifts to Start Releasing Emotional Eating

Simple, yet powerful strategies to change your
relationship with food and release excess weight



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Your First Step To Freedom

Emotional eating can feel like a never-ending cycle, but it's not your fault. Often, it's your mind and body's way of coping with emotions. The good news? You can break free—not by forcing yourself to “be better,” but by gently shifting how you think and respond to food and emotions.

This guide will show you three powerful mindset shifts that can help you create balance, freedom, and confidence around eating, all while building habits that align with your health and weight goals.

Let's get started - you're in for a transformative journey!



Meet Your Guide

Hi, I'm Reny, and I know firsthand how overwhelming emotional eating and weight struggles can feel.

My journey began over three decades ago. I was just 16 when I first started dieting and battling emotional eating. For years, I tried countless diets that left me feeling stuck and defeated.

Everything changed when I shifted my focus to understanding the root of my cravings instead of fighting them. By addressing my emotions and creating simple, sustainable habits, I not only released 22 pounds of excess weight but also found peace with food—and with myself.

As a certified holistic nutritionist, I combine my personal journey with professional expertise to help others find balance and freedom in their relationship with food. You deserve to feel good in your body and confident in your choices, and I'm so excited to walk this journey with you.

Let's take that first step together!





Mindset Shift #1: Fuel Your Body with Consistency and Care

Have you noticed when you tend to eat the most? Is it at the end of the day when you're drained, or when you've gone hours without eating? Sometimes, emotional eating happens because we haven't given our bodies enough nourishment during the day.

Or maybe you are eating all day long, but the types of foods you are choosing are irritating your body instead of nourishing it?

Or could it be that your body is dehydrated and stiff, which makes you want to numb yourself to avoid feeling this discomfort?

You can start by answering these questions:

1. Am I eating enough during the day to feel energized and balanced?
2. Do I skip meals or eat erratically, leaving me vulnerable to cravings later?
3. Do I eat natural, high-fiber, high-water foods with enough carbohydrates to fuel my body and brain?
4. Do I hydrate before the meals?
5. Do I allow my body to move before each meal?

If you feel like you could benefit from creating a strategy (not a rigid plan) for your meals, here's what you can do:

1. Get a lovely journal or start a special note on your phone. For one week, jot down roughly what you eat and when. Every day briefly answer all 5 questions from the previous page.

2. In the end of the week write down what changes might help you feel more balanced. Could you try adding more structure, like eating at consistent times, or incorporating more whole plant foods, as well as hydration and gentle movement before meals? If your goal is weight release, you can aim for a gentle calorie deficit, without dipping too low.

3. Make the adjustment, observe your meals, hydration and movement for another week and keep on tweaking it once a week until you start seeing consistent results that you desire.

When you tune into your body's needs and nourish it with care, emotional eating has less power over you.

If you still crave more food after feeling hydrated, physically full and comfortable, that's okay.

Use the strategies in the next steps to address the emotional needs you are probably trying to meet by numbing yourself with food.



Mindset Shift #2: Replace Judgment with Curiosity

Do you ever feel guilty after emotional eating?
What do you tend to say to yourself in those
moments?

It's important to know that judgment doesn't
help—it actually makes things harder. Self-
criticism generates stress hormones like
cortisol, which can increase your appetite and
drive you to eat even more. What if, instead of
judging yourself, you replaced it with
curiosity?

You can start by asking yourself:

1. What triggered me to eat last time I ate emotionally?
2. Was I physically hungry or uncomfortable , or was I feeling something else—like stress, loneliness, or boredom?
3. What was my body or mind trying to tell me in this moment?
4. Have I been pushing myself to do something you didn't really want to do?

If you feel like journaling could help you process your emotions and triggers, here's a simple way to start:

1.. The next time you notice yourself eating emotionally, pause and write in your journal about how you felt before, during or after eating. Were you tired, anxious, or sad?

2. Look for patterns. Over time, what do you notice about your triggers? Are there common emotions or situations that lead to eating?

3. Write without judgment. Imagine you're a kind observer of your own story. What would you say to a friend in your situation?

Reflection:

“What would it feel like to approach emotional eating with understanding instead of judgment? How might curiosity help you discover what you truly need?”



Mindset Shift #3: Find True Emotional Nourishment

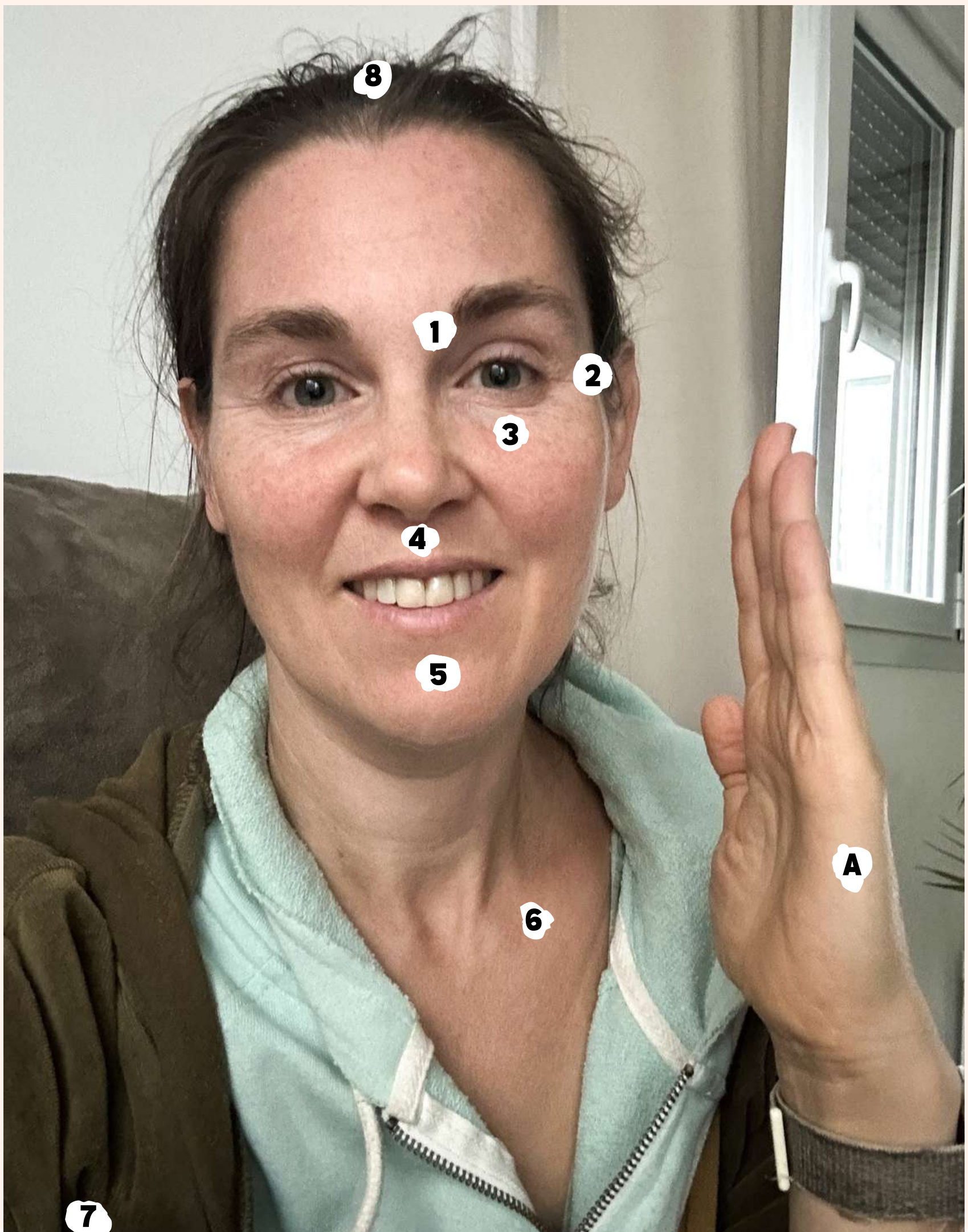
When you're feeling overwhelmed, stressed, bored, pushed or lonely, what do you usually do? Do you find yourself reaching for food because it feels comforting?

What if you could nourish your emotions in other ways?

Emotional eating is often a way to soothe feelings, or enjoy yourself, but there are so many other tools you can try that work much better, not just numbing your feelings, or giving you superficial pleasure, but allowing you to truly break free and enjoy life fully.

You can try one of these techniques the next time you feel an urge to eat emotionally:

1. EFT tapping: Start with tapping point A - “karate chop point”. You can affirm “I am fully and completely love and accept myself “ or you can say nothing and just allow yourself to feel what you feel.



Next Gently tap each point with 2-3 fingers, 2-3 times don't have to be precise, don't have to say anything, tap for 5 minutes.

Traditionally, when we tap we say out loud things that bother us: "I have an urge to eat. I don't want to do this work. I am forcing myself to do this work." Or "I am lonely. I am afraid to meet new guys, because they will break my heart again."

The goal here is allow yourself feel the feelings, instead of pushing them down with food. You can do it for one full round of tapping.

2. Walking, dancing, stretching or other movement: Move your body in a way that feels good. Especially if you move your hips in a circular or spiral motion. Even one minute can shift your mood dramatically.

3. Box breathing: Breathe in for four counts, hold for four counts, exhale for four counts, and hold again for four counts. Repeat until you feel grounded.

4. Full-body grounding: Imagine scanning your body from your toes to your head. Feel each part of your body “wake up”, warm up or cool down, tingle with joy and relax as you go.

5. Mind Shifting: allow yourself to feel the negative emotion fully, sit with it and allow this energy to flow, crying and/or moving your body is great! Now ask yourself - what would you rather feel? Allow yourself to imagine whatever you need to imagine to feel this new feeling as fully as you can.

If you're not sure what works for you, you can experiment with these techniques and notice how you feel afterward. Could one of them become part of your emotional "toolkit"?

Reflection:

"When you give your emotions the care they need, food becomes less of a solution and more of an option. What's one thing you could try this week to nourish your emotions without relying on food?"

Next Steps

Breaking free from emotional eating is a journey, not a race. It starts with asking yourself powerful questions and taking small steps toward change. You've already begun by reading this guide—celebrate that!

If you're ready to take the next step, my "Releasing Emotional Eating" mini-course is the perfect step by step guidance to help you break the cycle of emotional eating and release excess weight in the healthiest, most compassionate way.

What's the first step you'll take today?

If you are ready for the real break-through, get the "Releasing Emotional Eating" mini-course here.