



**VIP Membership**  
**December Zoom Coaching Class**  
**Conquering Emotional Eating**  
**Workbook**

## **How to Get Ready of our Zoom Class**

- 1. Arrive on time with your digital workbook, a pen and a great attitude.**
- 2. Bring water or another beverage to stay hydrated.**
- 3. Remove distractions. Ask your spouse to take care of the pets and children so you can concentrate. Set your phone to silent.**
- 4. Connect. The best way to get the most of the information shared in this class is to discuss it with other women from our group. Exchange numbers or emails, connect in the FB group, comment on posts, ask questions.**

\_\_\_\_\_ eating means consuming foods in response to feeling overwhelmed or upset.

\_\_\_\_\_ eating includes eating done not to relieve hunger, but in response to any kind of emotion, even pleasant one like joy.

### July Zoom Meeting Review: 3 Steps to Stop Stress Eating

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_ techniques are methods that calm and relax your body and mind.

The Goal is NOT to \_\_\_\_\_ or \_\_\_\_\_ the pain, stress, sadness or frustration.

These techniques can help you \_\_\_\_\_,  
\_\_\_\_\_,

or \_\_\_\_\_ emotional eating and that would be a success!

**CHEW ON THIS (Feel the FEELINGS)**

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**Final Thoughts:**

Finding new ways to \_\_\_\_\_ down while the problem works itself out is what is needed instead of turning to \_\_\_\_\_. You can use a variety of \_\_\_\_\_, physical, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ - \_\_\_\_\_ techniques to help you through the rough moments. It may take time and practice. Be \_\_\_\_\_, consistent and \_\_\_\_\_ and you will change.