

EMOTIONAL EATING

I'm bored



I'm sad



I'm anxious



I'm stressed



I'm happy



I want dessert



ALTERNATIVE IDEAS

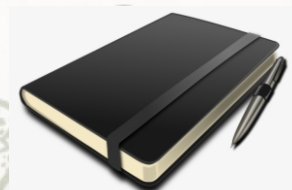
Bored? Read a
book



Sad? Call a
friend



Anxious? Try
Journaling



Stressed? Walk
it out



Happy?
Music & Dance



Want dessert?
Eat it

