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Quick Tips to Overcome Overeating

By Charlotte, Food Freedom & Certified
Eating Psychology Coach at *The Relaxed Eater*

- Eat 3 macro-balanced meals daily - *i.e. ask yourself, is there a healthy protein, fat & carb on the plate?*
- Eat non-processed foods 80%(ish) of the time *(the more processed, the more you'll want to eat)*
- Eat at about 3-4 on the hunger scale *(and avoid eating at 1-2 when you're extremely hungry)*
- Eat slowly - chew every bite, breathe while eating, take pauses
- Sit down to eat put away distractions *(i.e. no phone, no TV, no books, no newspaper etc..)*, and actually be present with your meal
- Take 3-5 deep breaths before eating to activate the parasympathetic nervous system
- If you're finished your plate and you're still hungry, wait about 15mins to give the body time to digest, then decide if you'd like more
- Avoid skipping meals - take time to eat a nourishing breakfast, lunch and dinner *(and refuel with proper snacks, if needed)*
- Drink water throughout the day *(tip: keep a water bottle with you and/or on your desk)*

- Put snacks into a bowl or plate - avoid eating from the packet/container/tub
- If you're feeling emotional before eating - take 5mins to journal out all your thoughts & feelings (*tip: you can do this on your phone 'notes' app*)
- Stop fussing about the 'perfect' food portions- use your body (hunger /fullness cues) as your guide
- Be honest with yourself - did I really overeat or did I just eat more than I thought I '*should*' have or '*wanted*' to?
- Stop labelling food as 'good' or 'bad' (*food has no morality*) as this can cause food guilt leading to more eating later on
- Be mindful of drinking alcohol and eating, as it may stimulate your appetite and lead to overeating
- Be prepared - stock the fridge & pantry with healthy meals and snacks, and pack some in your bag when on the go
- If you do overeat - forgive yourself and get curious - recheck the previous points and see if you identify the cause

I hope you enjoyed these 17 quick tips to overcome overeating. *Which one will you **implement** today?*

If you're looking for more tips or support to help you stop binge, emotional and overeating, book a free 60min consult today!

Hello, I'm Charlotte

I'm a Food Freedom & Certified Eating Psychology Coach on a mission to empower womxn to stop binge, emotional and overeating, and find food freedom, by transforming their mindset and relationship with food, body & self!



Book your free 60min
Food Freedom Consult