

In the Mood for Food?

Do you eat when you feel...

- Stressed?
- Bored?
- Lonely?
- Angry?
- Depressed?

Do you nibble when you...

- Watch TV?
- Do homework?
- Go out with friends?
- Want to reward yourself?
- Are involved in other things?
(Nibbling is just a habit.)

If you eat when you're not really hungry, you can eat too much. That leaves some people feeling guilty or bad about themselves. And either feeling can lead to more overeating.

Most people feel better about themselves when they're in control of their eating.

Jot down some things you can do instead of reaching for food when you really aren't hungry. Let these three ideas start your mental juices:

- Draw or play music.
- Read a magazine or book.
- Roller-blade or shoot some hoops.
- _____
- _____

Eating too fast?

Then you may eat too much and get stuffed. Slow down as your stomach has 20 minutes to talk to your brain. That's how long it takes your stomach to say, "I'm full." You know yourself best. How can you slow down at the table? **Your ideas:**

Adapted from *The Power of Choice Leader's Guide*

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