

MODULE 1- LESSON 6

Are You Hungry?

You shouldn't be eating unless you are truly, physically hungry. Most of us have been conditioned to eat by the clock. If it's 8am we eat breakfast, and if it's 12pm we eat lunch.

But have you ever checked in with your body?

"Am I actually physically hungry?"

Start asking yourself this question **ASAP**.

What to Expect:

- Lots of trial and error in the beginning
 - You may forget to check in, or you will eat when you're not hungry. That's okay. Keep trying.
- Not a perfect science
 - This is your personal connection to your body. You will need to learn your signals for what actual hunger looks like in your body.
 - This skill you will develop over time.
- Sounds cut and dry
 - If you are eating when you're not hungry, then it's for emotional reasons.

My experience:

There was a time when I was deciding whether or not I was going to eat my snack, and I had loud thoughts in my brain telling me to, "Eat the food, eat the food, eat the food!" Somehow, I had the awareness and remembered to slow down and ask myself if I was actually hungry. When I asked myself the question it was a resounding no. It was shocking to me, because of how much energy it was taking up in my brain. So I asked myself, "If I'm not hungry, then what is going on?" And it turned out that it was that 3pm-5pm time in my house where it is chaotic and I feel uneasy. My brain was trying to solve this restlessness with a snack.

Pay attention to whether or not you are dealing with emotional or physical hunger.

Emotional Hunger

What emotional hunger feels like:

- Starts in the brain, goes to the stomach.
 - It will happen when you are unwilling to emotions.
 - We are looking to buffer emotions with food.

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Whenever you feel hunger, ask yourself “Am I hungry?”

If the answer is yes, then eat.

If the answer is no, dig deeper.

What feelings are you trying to avoid?

Once feeling is identified...

- What are you thinking that is creating that feeling?

My feeling of restlessness was caused by

- “I don’t know what to do with my time right now”
 - This combo created urges to eat to fill the time.
 - What if I was willing to be with the restlessness?

These experiences are the greatest teachers.

- You will learn so much about yourself when you are willing to feel instead of eat.
- You will also learn so much about yourself when you are eating instead of feeling.
- Both experiences will help you grow.

Physical Hunger

Identifying What Actual Physical Hunger Feels Like In Your Body:

- It will be the opposite of emotional hunger.
 - It will start in your stomach and go to your brain.
- Here are the signs to look for:
 - Feelings of emptiness in the stomach
 - Stomach growling
 - A dip in energy
 - Note: You may experience it differently. Identify your signs.

Don’t Wait Until You Are Starving to Eat:

A little hunger is okay, but it can be taken too far.

Intermittent Fasting

- It can be an issue for people that are intermittent fasting.
 - Intermittent fasting can be helpful unless it’s driving overeating.
 - Examine that closer and make sure it’s still helpful for you.
 - If you’re doing intermittent fasting during the week and going off on the weekends, then you may need a shift.
 - That is a sign that it’s too restricting.