

JUST BREATHE. EVERYTHING'S OKAY.

If you're reading this, it's because you feel tempted to engage in **emotional eating**, which involves using food to help soothe difficult emotions. In this moment, know that you are not alone and that everything is okay. You don't need to turn to food to make yourself feel better; we're going to find another way. Just stay with me.

First, I want you to take a minute to **name the feeling** that's coming up for you. Are you worried? Flustered? Depressed? Where does that feeling show up in your body? Is your neck tight? Are you clenching your jaw? (If you're having a hard time naming the feeling, take a look at this [feeling wheel](#) to help you narrow it down.)

You're doing great, just stick with me. We've got this.

Let's connect with that feeling. Without judgment, just notice and acknowledge it. Say hello to it. Recognize that **it is okay to feel this way**. You don't need to shove your feelings down, stifle them, or be ashamed of them. It is okay. Emotions are okay. Emotions are good.

You're still here! Great work.

I want you to put your hand on your heart. Or if you feel like you need some extra tender loving care, go ahead and give yourself a hug. Feel the warmth of your hand on your body and the comfort it provides. Remind your body that you're here for it and that you love it.

You're doing so well. Just keep breathing.

Remember that feelings are temporary. Like the waves of the ocean, they come and go, rise and fall. You might be feeling like the waves are strong right now, but they will inevitably settle. In fact, **cravings only last 20 minutes**. You just need to get through the next 20 minutes. You got this.

I want you to say the following phrases to yourself in your head:

This feeling will pass.

I've tolerated feelings like this before and can do it again.

I'm in control of my emotions, not food.

My body deserves respect.

My body and mind are happy when I feed it healthy foods.

Everything is okay and I am safe.

Now, let's give your brain a boost of **oxytocin**, the hormone that's released when you feel a sense of love, connection, warmth, and cuddliness. I love animals, so check out this adorable [video](#) to interrupt your thought process right now.

"Actually, not eating candy and junk food is NOT about deprivation. It's about self-love and self-care. It's about knowing I'll feel like garbage if I eat garbage. I've gotten to a point where I simply prefer to eat in a way which makes my body feel good—and keeps my mood and spirit feeling good, too."

- The DO IT Program