

food freedom

CULTIVATING YOUR
HEALTHY
RELATIONSHIP
WITH FOOD





WELCOME!

Food is a necessity. We need to nourish our body and provide it with the fuel to thrive. Often times, we feed ourselves for reasons other than nourishment. This can turn into a vicious cycle that is hard to break, which also leads to ignoring the underlying issues that cause emotional eating. Food freedom is something that we all desire, and this guide will assist you in journeying through this crucial topic.

- Are you tired of feeling like a slave to your plate?
- Are you tired of feeling out of control in your relationship with food?

Grab a pen and take a deep breath. Your journey begins now. Good luck to you!

**“LEARN HOW TO CARE
FOR THE BODY THAT
GOD HAS GIVEN YOU.
WELLNESS... A WAY OF
LIFE.”**

1 CORINTHIANS 6:19

KATHY STEPHENS



WHAT ARE YOUR
motivations
FOR HEALTH?





It's time to get honest here. What are your motivations for wanting to have better health? What fuels your fire? What desires do you have for your life? Is what you are doing now going to get you there?

These motivations are your “why” — the reason you are on this journey to change. Knowing your “why” is an incredible motivator to reach your goals.

Keep these motivations close to you during your journey, as they will be a constant reminder of your end goal — a healthy relationship with food and breaking the chains that keep you from having that.

Are you ready!?



putting pen to paper

What are your motivations for desiring better health?

Dig deep and list your top 5 things that motivate your decision to change your health:

1. _____
2. _____
3. _____
4. _____
5. _____

What will change in your life when you reach your goal of having a healthy relationship with food? _____

“We are each gifted in a
unique and important
way.”

KATHY STEPHENS



WHAT IS
food
freedom?





How many times have you grabbed a pint of ice cream when you were wanting to watch a sappy movie and having a good cry? We have all experienced these ‘comfort foods’ at some point. Using food to meet emotional needs, as opposed to nourishing your physical hunger, is considered emotional eating. What emotions evoke “hunger” in you?

There are several ways to train yourself to combat these emotions. Here are 5 tips to help you achieve food freedom & finally enjoy your relationship with food.

- Find new ways to manage your stress without food
- Check in with yourself before you eat & ask if you are truly physically hungry
- Find new ways to kick the boredom without food
- Take away temptation by having a kitchen stocked with healthy foods
- Have healthy snacks on hand to avoid running through the drive-thru for convenience



putting pen to paper

What are three ways you can manage your stress in a healthy way?

1. _____
2. _____
3. _____

What are three ways you can combat boredom in a healthy way?

1. _____
2. _____
3. _____

What are three healthy snacks you can have on hand as a new staple in your kitchen?

1. _____
2. _____
3. _____

**“Becoming acquainted
with yourself WILL
ALLOW YOU TO
BETTER KNOW HOW
TO MAKE THE RIGHT
FOOD CHOICES.”**

KATHY STEPHENS



HOW TO IDENTIFY emotional eating





Feeding emotional hunger may satisfy your desire very briefly and may feel right in the moment. Very soon after, the ramifications start to roll in. The guilt sets in, the disappointment in lack of control, and most importantly, the original problem is still there — growing and festering.

Allowing yourself to celebrate or treat yourself with food on rare occasions is not necessarily a negative thing. The issue lies beyond these infrequent instances, in your daily routines and in your mindset.

Is eating your way of coping with your feelings? Do you get stuck in the unhealthy cycle of feeding your feelings with food and not facing the root of the issue?

ARE YOU AN EMOTIONAL EATER?

Yes

No

☐☐

Do you eat when you're not hungry?

☐☐

Do you eat when you are stressed out or anxious?

☐☐

Do you eat when you are bored?

☐☐

Do you continue to eat when you are full?

☐☐

Do you eat to change your mood?

☐☐

Do you eat when you are alone?

☐☐

Do you frequently overeat?

☐☐

Do you reward yourself with food regularly?

☐☐

Does food comfort you and make you feel safe?

“Most of the shadows of
this life are caused by
standing in one's own
sunshine.”

**RALPH WALDO
EMERSON**



THE DIFFERENCE
between
EMOTIONAL & PHYSICAL
HUNGER





There are several ways to check in with yourself and see what type of hunger you are truly experiencing.

- Emotional hunger presents itself suddenly, while physical hunger gradually increases over time.
- Emotional hunger generally craves comfort foods, while physical hunger leaves you hungry for anything that will satiate your hunger.
- Emotional hunger tends to present itself as a craving you can't stop thinking about, while physical hunger causes discomfort.
- Emotional hunger typically results in feeling guilty or shameful, while eating for physical hunger results in feelings of satisfaction.

It can sometimes be difficult to differentiate between the two, which is why it is imperative to understand these cues and learn how to tune in and listen to what your body is telling you.



putting pen to paper

What do you generally crave when your emotions are fueling your “hunger”?

1. _____
2. _____
3. _____

What feelings do you have after you indulge in your cravings?

What healthy options can you substitute for the foods you crave?

“Believing in our hearts
that who we are is
enough is the key to a
more satisfying and
balanced life.”

ELLEN SUE STERN



IDENTIFY YOUR triggers





Your day was stressful. You had an argument with your boss. You (finally) finished your to-do list and now you're bored. What causes you to head to the kitchen and indulge in unhealthy foods?

Some common triggers include:

- Boredom
- Social influences
- Stress/anxiety
- Loneliness
- Depression
- Sadness/Anger

Knowing your triggers for making unhealthy decisions is an important step in changing your habits. There is a food diary included in your materials that you may use to help understand these patterns. Use it daily, and you will see a change as you start to understand your habits!

your food diary



Time	Breakfast	Snack	Lunch	Snack	Dinner	Post-Dinner
What you ate						
Where						
Alone or with others?						
Feelings before						
Hunger Level (1-10)						
Feelings after						
Notes						

Your Food Diary will assist you in recognizing your patterns and learning how to change them. Begin by using it daily and recording each box in detail. Really check in with yourself and evaluate your feelings before and after each meal.

Keep these close and study them. You will begin to see patterns emerge that will help you in reprogramming your habits into healthy ones.

Good luck!



“Love is the great
miracle cure. Loving
ourselves works miracles
in our lives.”

LOUISE L. HAY



EVALUATING &
TOLERATING YOUR
feelings





Now that you have a better understanding of the feelings that trigger emotional eating — let's dig a little deeper and evaluate those feelings. Understanding how to combat these feelings before they lead to emotional eating is being one step closer to food freedom!

What can you do to quench your desires in a way that is healthy for you? Take a moment to fill out the next page with your own personal agenda.



putting pen to paper

What are your triggers for unhealthy behavior?

What can you do to meet these needs without food?

“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself. ALLOW GOD TO MOLD YOU INTO WHAT HE HAS CALLED YOU TO BE.”



A photograph of two women in a modern kitchen. The woman on the left, with dark hair and a white sleeveless top, is smiling and using a spoon to mix a large bowl of green salad. The woman on the right, with long blonde hair and a grey tank top, is also smiling and looking at the salad. They are standing at a dark countertop. In the background, there are white kitchen cabinets with blue LED lighting underneath, and a vase with dark flowers. The text "HOW A health coach CAN HELP" is overlaid on the image in a mix of bold sans-serif and elegant script fonts.

HOW A *health coach* CAN HELP



As a Health Coach, I am your advocate.

Together, we create a personalized plan of action that is realistic and achievable for you. Your goals will come into reality with guidance to implement changes that work with your lifestyle. You have my full support and the accountability a Health Coach provides will help lead you into success that is lasting.

Are you finally ready to achieve the level of health that you've desired? Are you ready to ditch the road you're on that's leaving you unfulfilled, exhausted and feeling less than amazing?

I would love to invite you to have a conversation with me to discuss your goals. It would be my honor to meet you and talk about how we could work together to create the life you have always dreamed of!

Meet Your Coach

I would love to go over your Food Freedom Guide with you and discuss your personal goals & struggles, so that we can create a roadmap to health that is tailored just for you.

Let's chat. Contact me today!

KATHY STEPHENS
"HOPE REIGNS"

www.KATHYSTEPHENS.COM

