




Tips to Decrease Shame and Increase Food Enjoyment:

1. No food is off limits.
2. Enjoy what tastes good.
3. Practice mindful eating by describing what you observe with all of your senses.
4. Strive for moderation.
5. Deprivation leads to the cycle of bingeing, guilt, and compensatory behaviors, and shame.
6. Ditch “cheat” language because it leads to guilt that fuels the binge-guilt-compensatory cycle.
7. Ask yourself if you’re hungry. If you’re not hungry, get curious about what you’re emotionally hungry for. Decide on how you want to meet your emotional hunger. Physical hunger and emotional hunger are not the same.
8. Intentional effective emotional eating is okay in moderation. The key is to stop once it’s met a need or craving. After that, it’s not effective and leads to the “G” word, guilt.
9. Eat when you’re hungry and  when you’re full.
10. Most importantly-Practice self-compassion. If you have a behavior, struggle or have a misstep, remember that you’re human, progress is not a straight line, you’re trying, and you can try again.

For additional information on healthy food attitudes and more, please contact me at drkerryluke@gmail.com or visit www.bodyappreciationandself-kindness.com. Please share your ideas too. Kindly, Kerry

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