

## Program –Emotional Eating with Deanna Bies

Set up: Video with Deanna Bies is 6 minutes:

[https://www.youtube.com/watch?time\\_continue=15&v=o1DgDPR9K3E](https://www.youtube.com/watch?time_continue=15&v=o1DgDPR9K3E)

Discussion: Deanna is going to talk about Emotional Eating- After Deanna lists the 10 questions- stop the video and ask member to answer the questions.

Then finish the video and discuss each question below, asking members to share.

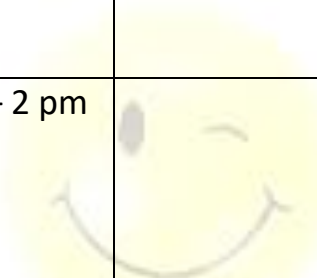


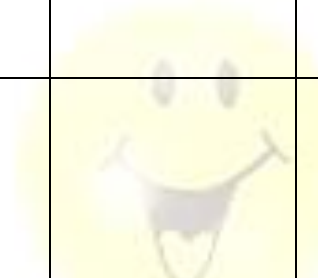




### Emotional Eating Quiz:

- Do you eat for reasons other than hunger?
- When you are overwhelmed, do you eat for relief?
- Do you eat to calm yourself for relief?
- When angry, do you turn to food?
- Whenever things feel out of control, do you eat more?
- If someone dislikes you or puts you down, do you turn to food to make you feel better?
- When you are happy, does food make you happier?
- Do you usually choose food as a reward?
- Is food more than nutritional fuel?
- If you are lonely or bored, do you eat to feel better?

NOTES:


Handout: Weekly Mood Chart

## Weekly Mood Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am – 10 am							
10 am – 2 pm							
2 pm – 6 pm							
6 pm – 10 pm							
10 pm – 2 am							
2 am – 6 am							