

My Story - Part 5: The Psychology of Eating – what the heck is that?!

I was beginning to understand that WHAT I eat is only part of the story. HOW, WHEN, and WHERE I eat are equally as important.

HOW: Rushing or eating in a stressed state brings about a stress response. Our bodies cannot and will not properly digest food under these circumstances. I needed to learn HOW to eat in order to help heal my digestive issues.

WHEN: How many times do we eat when we aren't truly hungry? Because it's lunch time, because there is food in the break room at work, or because we're bored? FOMO – the Fear of Missing Out is a powerful belief that can be transformed into the JOY of missing out with the right mindset shift.

WHERE: Have you ever eaten your food standing at the kitchen counter? How about at your desk while you're working? Have you ever finished your food without ACTUALLY tasting it, and still felt hungry? There is a very good explanation for why this happens, and I've learned how to find joy and satisfaction in the eating experience.

Now, back to the WHAT: Have you ever eaten foods you know are not in alignment with your goals? And then beaten yourself up over it with negative self-talk and guilt? Yep, me too! Sometimes CRAVINGS have nothing to do with actual hunger. I could spend hours talking about this topic, but we'll save that for a different day. Let me just say, if you are interested in healing your relationship with food and self, you'll want to stay dialed in here.

If anything I've said here resonates with you, please feel free to share your experience in the comments.

More to come in Part 6.