

Breaking the DIETing Cycle: Take Control over your Eating Habits

Disordered thoughts and habits start with:

“Fat” is not a feeling!

What am I *really* feeling?

Angry, sad, depressed, anxious, nervous, excited, jealous...

Why am I feeling these emotions?

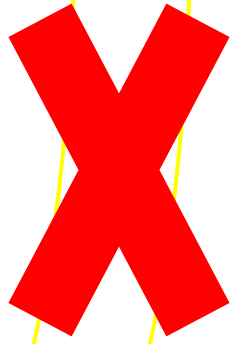
What can I do to make myself feel better?

...write, sing, talk, laugh, draw, dance, nap, stretch, play, think, walk...

Focus more on YOU and treating yourself well!

Repeat often as possible to keep a healthy mind and body!

“I Feel Fat”



Unhealthy behaviors around food, over thinking about food and perceptions

Negative feelings

Negative Cycle

- by, Ali Luck, Based on information provided by CAPS