



ENLITENED LIFE

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Better Body, Balanced Life Training Module 1:

**How to Deal with Emotional Eating as a
Professional Woman**



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1.1 Setting Boundaries

Clear and healthy boundaries are critical to living your vision and creating whole life success. Both in your personal and professional life, a lack of boundaries will pull you away from functioning at that optimal level. Let's start by identifying key boundaries that may need your attention both at home and at work and work setting and maintaining the boundaries.

What are Boundaries?

Boundaries are designed to protect and honor important parts of our lives. They are created to clarify what are acceptable and unacceptable behaviors from others. Just as a fence protects and preserves our real property, so should personal boundaries protect our personal selves.

Key Areas to Protect By Setting Boundaries

Just as we have property we preserve and protect with physical boundaries, there are several key areas of our lives that should be protected by personal boundaries:

- **Your Time** – Time is one of THE most valuable assets, and one that is nonrenewable. We often feel like we never have enough time to do what we need to do, to do what is most important to us, yet time is often what we least protect. Do you have co-workers or employees who demand your time in unreasonable ways? Do you have tasks that could be delegated to someone else? These are examples of violators of our time boundaries.
- **Your Energy** – First, you must identify what energizes you: alone time, cultivating inner peace, activities that invigorate you, etc? When you or others do or say things that rob you of this energy (such as invade your privacy, create turmoil, give in to those “energy vampires,” etc.) you are less likely to function effectively.
- **Your Life Outside of Work** – Anything in your life that is important to you outside of work (such as your personal values, your health goals, family, relationship needs, etc.) can be areas that benefit from effective boundaries. What other areas of your life need boundaries?



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Ways to Set Boundaries in Your Life

There are a number of ways to create and honor boundaries that are important to you. Here are examples:

- Be clear about the boundary to both yourself and others – Make sure you have been thoughtful about the boundary issue and have defined for yourself and others what is acceptable and unacceptable. Be consistent with this!
- Once a boundary is crossed, remind the individual of your boundary agreement and offer a mutually beneficial workaround so you maintain your boundary and the task is completed.
- Identify ways to position yourself in a time and place that minimizes the opportunity for your boundaries to be crossed.
- Thank those people around you who honor your boundaries and thank those who have honored your requests to start observing your boundaries.
- Always seek to understand and honor the boundaries of others.

Understanding and Setting Your Personal Boundaries

In the space provided, list at least 5 boundaries (either from the key areas above or other areas in your life) that need strengthening. In the space next to the boundary, identify a potential solution to that boundary issue. The solution could be anything from having a conversation with the offender to removing yourself from the situation.

The boundary being crossed is...	The action I will take is...
<i>Example: I need to complete a weekly report at work each Friday morning but am continually interrupted by traffic in our office. This has caused me to miss a couple of deadlines.</i>	<i>I plan to try to negotiate an arrangement with my manager that will enable me to work from home two hours each Friday morning so that I can complete the report without distractions.</i>
1.	
2.	
3.	
4.	
5.	



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1.2 Scheduling Time for YOU

It is imperative to switch the focus back to you: your needs, your wants, and your health to successfully deal with emotionally eating as a professional woman. To stop emotionally eating you need to schedule in time to take care of YOU. This time is a non-negotiable, and the higher up on the “corporate food chain” you are, the more demands other people have on you, the more you need to tap into and be aware of the energy balance you require, because people will reciprocate this energy.

Which activities fill your cup?

Identifying which activities “fill your cup” is essential to ensuring you make time for the *right* activities. When you think of the times you feel most at peace, most fulfilled and relaxed, what are you doing? Reading in a quiet room? Getting a massage? Going on a walk in nature? List the activities that come to mind below:

Plan your Month for Success

Now it’s time to commit to taking care of yourself and keeping your cup full, so that in turn you can give to others without the unnecessary stress and overwhelm. Schedule in ME TIME for this month:

- Select 2 activities from the list above.
- Take out your planner, or pull up your schedule on your computer. Select a day and time and block out time to enjoy the 2 activities you selected.
- Call to make the appointment and commit to this time for YOU.

Honor Your Commitment

Too often, it’s easy to break promises and commitments we’ve made to ourselves. What you really deserve is to honor the commitment you’ve made to take care of yourself and schedule in that ME TIME. Make yourself the priority, because when something is a priority you find a way to make it happen. Be cognizant when thoughts arise about abandoning this commitment you’ve made to yourself. Don’t abandon yourself and what is most important to you, instead acknowledge yourself as important and honor your commitment!



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Ask Why

Refer to your list of triggers above. Pick any trigger from your list and ask yourself the question, “Why do I think of eating when this happens?” Initially we may think of a standard reply like “it’s normal” or that’s “what everyone does.” At this point you need to keep asking yourself why to dig deeper and challenge your initial answers until you uncover something that fully explains why you came to link eating to that trigger.

What were the last few times you felt an urge to eat (outside of hunger)?	Why do I think of eating when this happens?
<i>Example: Whenever there is a celebration, like a birthday party with birthday cake.</i>	<i>Because it's normal... from an early age I was taught that cake is the ESSENCE of the birthday celebration, and it's a non-negotiable to have the cake no matter how full I am, because otherwise the celebration wouldn't be complete.</i>

Detach Eating from These Triggers

Now that you uncovered the REAL reasons why those triggers make you think of eating, now you can start to unchain eating from this trigger and introduce non-food ways to cope. Just as you developed the pattern of eating whenever you were exposed to a trigger, you can develop a new pattern, a non-food way to cope with each trigger. Remember, you always have a choice. In our example you have the choice to make the birthday celebration about the cake or about the people, the company, diving into new relationships or enhancing your existing ones. Start to get hungry for LIFE and try any of the non-food coping mechanisms from the following page.



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List of Non-Food Ways to Cope

- ⑤ **Mindful breathing.** Close your eyes. Stare at the blackness of your eyelids. Slowly breathe in for a 5 count. Then hold your breath at the top and slowly breathe out for a 5 count. Repeat 10 times to lower your cortisol levels, balance your hormones and relax your body.
- ⑤ **Play.** Think about some of the things you liked to do as a child. There is nothing more calming than nostalgic memories from childhood (like shaping Play-Doh or coloring mindlessly). Playing doesn't use much mental energy, and it's fun, stimulates your imagination, and boosts your energy.
- ⑤ **Affirm.** Saying affirmations out loud can train your mind to bring these thoughts into your consciousness. Stay in the present moment as you say each affirmation—don't use the phrase "I will" but instead use "I am." Examples: I am on the road to feeling calmer. I am good at tackling challenges head on. I can do this. I don't need food to soothe myself.
- ⑤ **Touch.** If physical discomfort is at the heart of your emotional eating, you can use touch to relax and address specific areas. Apply lotion and massage into your hands, rubbing each hand for 2 minutes. To massage your feet, place a tennis ball under your foot in a seated position. Place the arch of your foot on top of the ball and apply pressure gradually. Roll the ball under your arch then under your toes. Repeat the same on the other foot.
- ⑤ **Create.** Being creative has enormous psychological and physiological benefits. Creativity decreases negative emotions and increases positive ones, reducing depression, stress and anxiety and improving self-esteem.
- ⑤ _____ . Fill in your own ideas for non-food ways to cope with your triggers.
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1.4 Build Momentum

An object in motion tends to stay in motion and an object at rest tends to stay at rest. This is Physics 101, but the same momentum principle applies in this case. If you stay in motion, continuously take actions to get to your goal- of elimination emotional eating and developing a healthy relationship with food, then continuing in that direction will become easier and require less and less effort. Momentum is just getting the ball rolling. Once you get started in a particular area, as long as you keep energy going, you will begin to get results and results feed themselves.

Momentum = Motivation + Consistent Action

The above formula states that you build momentum by staying motivated and consistency taking actions that bring you closer to your goal. Think about riding a bike up a hill as an example. You must first be motivated; you must wish to get to the top of that hill. Second, you must take consistent action; keep pedaling and steering your bike. The combination of those two forces will result in momentum- getting on your bike down at the bottom of the hill and pedaling for that first time was difficult. But after getting “into a groove” you have built up momentum, seen results (you are getting closer to the top of that hill) and are requiring less and less energy to continue. This is the power of momentum.

Motivation

Being motivated is defined as stimulating someone’s interest in or enthusiasm for doing something. It’s time to get motivated! Answer the following questions to get connected to the goal life that is on the other side of emotional eating.

Question	Motivation
How will your whole life be greater if you truly master this area of your life now?	
How will your energy, happiness, joy, or intimacy explode?	
How will your success, well-being, connection with others, or sense of meaning in your life be transformed?	
What will it cost you if you don't master this area of your life?	
If you don't turn things around, what will you miss out on?	



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Resources:

<http://www.oprah.com>

https://www.tonyrobbins.com/?gclid=Cj0KEQjA5vXEBRChycOI36LPn5EBEiQAJV2-bK6VT4hHSJy9AF9D9CYgqw71xLNq6B_gsRnITQUxnsaAo5w8P8HAQ

<http://eatingmindfully.com>

<https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries/>

<http://www.essentiallifekills.net/personalboundaries.html>

<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342>

<http://www.doctoroz.com/article/tips-stop-emotional-eating>

<https://www.psychologytoday.com/blog/inside-out/201309/emotional-eating-5-reasons-you-can-t-stop>

<https://www.psychologytoday.com/blog/the-mindful-self-express/201110/deal-lifes-ups-and-downs-without-eating-potato-chips>