

Become a Food BOSS

*Manage Stress Eating, Beat Food Boredom,
and Learn How to Feel In-Charge*

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THE STRUGGLE IS REAL

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STRESS Eating?

Blah Motivation?

Low Joy?

FOOD BOSS:

YOU are in charge of food.

Food is not in charge of you.

Make decision. Own it. Enjoy it. Move on.

(zero tolerance for post-eating shame, guilt, self-criticism)

STRESS EATING

STRESS EATING = TEMPER TANTRUM

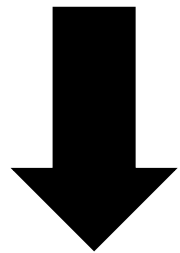
**PRO-TIP: Being TIRED OR HUNGRY
makes tantrums MORE likely!!!**

SLEEP + EAT REGULAR MEALS

STRESS EATING = TEMPER TANTRUM

1. Time-out! (1 minute per age in years)
2. “Slow down & tell me what’s wrong.”
3. “What can we do to fix this?”

100 people.



Emotional/Stress Eating



BODY SATISFACTION

100 people.



BODY SATISFACTION by...

+ EXERCISE



BODY SATISFACTION by...

STOP JUDGING OTHERS

Their body. Their business.

Mind your own business.

 BODY SATISFACTION by...

STOP JUDGING YOURSELF

It's your body.

Do your best to take care of it.

And then let it do its job.

86%

of research studies found

MINDFUL EATING

helped emotional eating, overeating,
and cravings.

Low Drama Mindful Eating Checklist:

1. Ready the surroundings.
2. Set the table.
3. Slow.

“BETTER” STRESS EATING

Eat like you mean it:

TABLE-PLATE-CHAIR and enjoy.

#FOODBOSS

Motivation & JOY

Our Hard-Wired Motivation System

1. You do a new healthy habit.

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graph TD; A[1. You do a new healthy habit.] --> B[2. You assess pleasure versus pain.]; B --> C[3a. If pleasurable: you'll do it again.]; B --> D[3b. If painful: you're less likely to do it again.];
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2. You assess pleasure versus pain.

3a. If **pleasurable**:
you'll do it again.

3b. If **painful**:
you're less likely to do it again.

INSPIRED CHANGE

NOT SHAME-DRIVEN CHANGE!!!

1. Habit that you want (pleasure)
- +
2. Habit that would be easy-ish

Anything is Better Than Nothing

If I gave it my ALL I would:



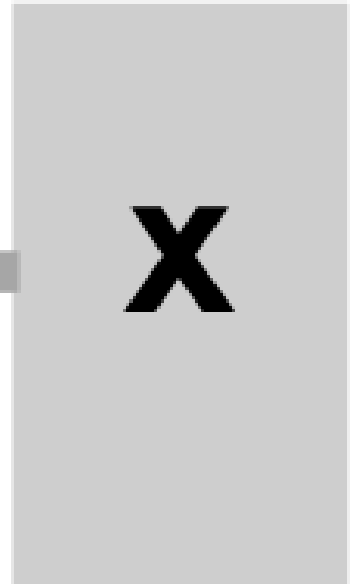
write an ideal action here that would improve your habit

This isn't perfect, but it's **BTN**:



write a **smaller & easier** action here that would still improve your habit

NOTHING



inaction feels bad, so do your **BTN** plan to avoid this

Let's do some Q&A...