
Transition Trouble Spots

EPISODE 70

3 steps to stop emotional eating during transitions:

1. Identify your transition trouble spots and understand why they are presenting a challenge.

- Do you notice a pattern of night eating or going to food after the kids are in bed or the day is done?
- Do you notice you are relying on your habit of two glasses of wine after work?
- Do you notice you're eating sugar in the afternoon when the kids are getting home from school?
- Do you notice that you're counting down to Friday night and a "break" from planning? Do you use that as an opportunity to eat all the things?

Once you've answered these questions, try to identify what your brain is looking for by engaging in these behaviors.

2. Plan in some transition rituals that contribute to your success to serve as alternatives to the current habit.

- What do you really need?
- What will serve you?
- What makes alone time quality for you?
- What thoughts generate the feeling that you're craving at the end of the night?
- What is standing in the way of you leaning into those thoughts and creating that feeling for yourself?

3. Look for moments to reset throughout the day.

- How can you incorporate some reset and refocus time into your day at intervals so that the pressure isn't so intolerable when the transition rolls around?