



# 5 SHIFTS TO STOP EATING YOUR FEELINGS



jen mannarelli, llc

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Let's acknowledge what **"eating your feelings"** really means. It's essentially **turning to food to find comfort**. Our brains were designed to **seek pleasure and avoid pain**, often food is the first thing we grab when our emotions are unsettled. It can show up as **emotional** eating, **stress** eating, **boredom** eating and **overeating**.

When you reach for a cookie, bag of chips or glass of wine, you may **feel temporary relief**, but it often brings a **wave of guilt and remorse** afterward. You may begin to **doubt** yourself, feel **shame, hurt, frustration** or **defeat** as the underlying emotional issue remains.

**Extreme restrictions, high expectations and rigid plans** don't help. They can feel confining, like a **prison** when you struggle with guilt over enjoying a cookie or **lack the freedom** to do so. Remember, **true health** encompasses both **physical** and **mental** well-being.

### **So how can you achieve balance in both?**

Start by fully **accepting** yourself. Embrace your **cravings, understand what your body is telling you**, and recognize your **urges** and **temptations** without judgment. By becoming **aware** of these feelings, you can learn effective ways to **manage** them.

**Awareness and self-acceptance** are key to finding **harmony** in your relationship with **food and emotions**.



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## 1 You were tricked

Processed foods consist of processed sugars that hinder the production of your hunger hormone which **makes you eat on and on and on** since your body won't recognize that you're already full. All these processed ingredients/foods are specifically designed to make eating **impossible to stop!**

"Mouth feel," "Bliss point," it's all in the mind. These ingredients are just tricking you to fall in a trap of overeating!

**Awareness** of this is key.

## 2 Raise the white flag

There's no point in blaming and shaming yourself for things in the past. Begin with **accepting** what you've done and growing from it. Instead of fighting it, raise the white flag and move forward. You can do it!

Your thoughts and energy can be projected on much better things like activities that can help you **improve** and become a **better version of yourself!**



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# 3

### Take ownership

Believing that the binge you had was something out of your control will not help you move forward easily. Instead, this will cause you to **struggle** with your current state and sometimes you'll end up looking for an outlet or another reason to blame yourself. **STOP! Own it! Move on!**

# 4

### Be real with yourself

**Don't tell yourself lies** for comfort. It's not going to change the fact that you may still grab another bite of that cookie soon! If you listen closely to your body, you'll discover why you're having these crazy urges. **Ask yourself questions, take a step back, slow down and reflect a bit!**

Focus on what you discover and **start planning strategies** on how to handle it next time. Make up your mind in advance, create a plan and stick to it. The **first time is always the hardest.**

# 5

### Love yourself

**Don't forget that you're only human.** That cookie, bag of chips, glass of wine is in the past. You can own it and accept it, now you'll have a choice to make it stay in the past or handle it better in the present. **Be kind to yourself** and you'll be shocked how things can go smoothly from there.

***Need help? I can help!***

***Book a call with me and I'll help you with your mindset so that you can reach your health and wellness goals, once and for all!***



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**GAIN MORE BY LOSING IT**



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# Coach Jen



I have spent over 28 years in the Fitness & Health industry, teaching group fitness, including Yoga, Spinning, Barre, PiYo, REFIT, Muscle Definition and more, at many different venues, in multiple states and Mexico! In 2003, I earned 1st place in the Texas NPC Fitness & Figure Competition, which led me to pursue a Personal Trainer Certification with ISSA (International Sports Sciences Association). I held multiple professional roles at GE for 10 years after graduating from the Ohio University, but chose to leave the business world to be a Stay-at-Home Mom while my 2 girls were young. Doing part time consulting for GE and then working for my church for several years, I decided to pursue my love of coaching full time in 2019.

I have led many different types of fitness classes over the past 26 years, holding a variety of certifications! My 200 hr RYT (Registered Yoga Teacher) is through YogaRenew with several years of Yogafit training. My group fitness certification is through the Aerobics and Fitness Association of America (AFAA). I obtained a Nutrition Coach Certification through National Association for Fitness Certification (NAFC) in 2020 and a Health Coach Certification through American Council on Exercise (ACE) in 2021. I completed the Health Mindset Coach Certification (HMCC) in 2023.

As your personal Health Coach, my mission is to empower YOU on YOUR health journey and co-create a roadmap to achieve YOUR goals. Together, we'll bridge the gap through effective lifestyle and behavior adjustments, leveraging evidence-based tools and concepts. This journey will empower YOU to feel your best, exude energy and confidence, and excel in all aspects of life – whether at work, home, or play! **Book a call** with me now to learn more!



**LEARN MORE AT [WWW.JENMANNARELLI.COM](http://WWW.JENMANNARELLI.COM)**