

Food & Mood

Journal Prompts

How does my mood influence what I crave? What foods do I reach for when I'm stressed, bored, lonely or celebrating?

What did food represent in my childhood? (example: comfort, control, connection). As I heal, what parts of my early experiences with food deserve compassion?

How do I know when I'm emotionally hungry versus physically hungry?

How can I nourish myself in ways beyond food? How can I show my body appreciation through the way I eat?
