

# Physical hunger vs Emotional hunger

- Stomach growling
- Starts gradually
- Open to all foods
- Satisfied on a full stomach
- Some time since last meal
- Eating makes you feel good



- No physical cues
- Starts suddenly
- Craves specific comfort foods
- Not satisfied on full stomach
- Little time since last meal
- Triggers shame and guilt

## What steps to take

Eat healthy  
Eat mindfully  
Stop when you are full

Call a friend or read  
Go for a walk/exercise  
Distract/soothe yourself

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The Fuller Life is now a part of Happiest Health