

1 SMARTPOINTS® NEVER  
**TASTED SO GOOD**



**SQUISHY • CHEWY • FRUITY**

5-Pack Snack Boxes Available Exclusively in WW Meeting Rooms

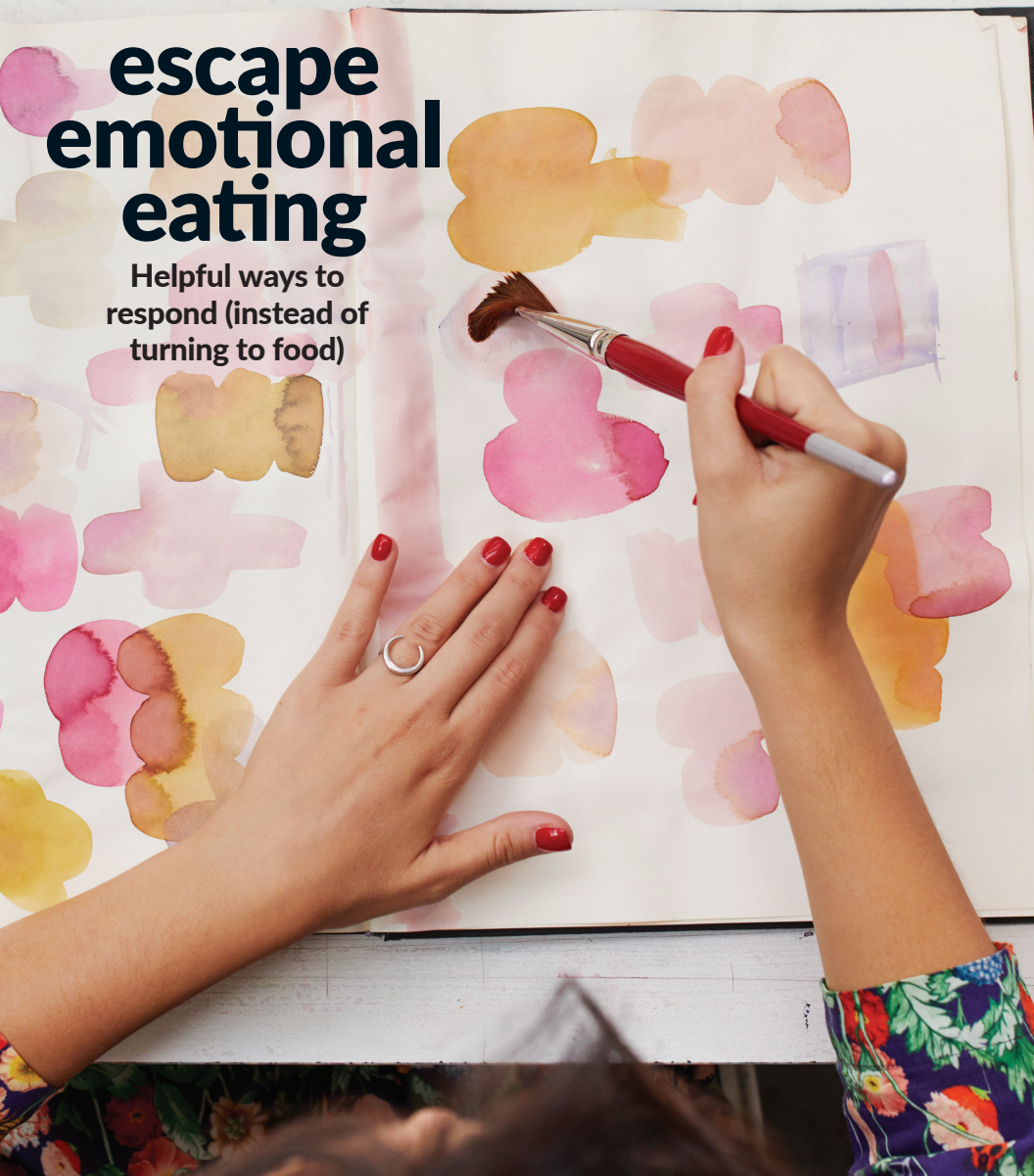
September 23-29, 2018



# Freestyle™

## escape emotional eating

Helpful ways to  
respond (instead of  
turning to food)



# when emotions hit...

Whether it's sadness, anger, or stress, when a strong feeling has you reaching for food, you're emotionally eating. Just like munching popcorn at a movie theatre or buying a hot dog at a ball game, emotional eating is a learned response that can become a habit. If you're used to turning to food when you feel a certain way, you'll naturally want to eat whenever you feel that way.

But emotions are like waves: rising, peaking, then subsiding. While eating might ease how you feel in the moment, it's not

very helpful for the long term. Plus, after a bout of unplanned eating—such as emotional eating—you might feel frustrated or ashamed and eat in response to *those* feelings.

But there are many helpful ways to respond to a strong feeling. The key is to replace the habit of emotional eating with a healthier habit that also eases your mood. Not surprisingly, when you can snap the emotion-eating link, you're more likely to lose weight and maintain weight loss.

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## SWITCH FOR GOOD!

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**Over time, you can make turning to a non-food activity (instead of food) automatic when emotions hit. One way to go: Write down what you want to do instead of eating—maybe calling a friend—and post the note on the fridge. This is your CUE to call your friend (BEHAVIOUR). Feeling better after talking to your friend is the natural REWARD.**



### tip from a leader

*“I let myself get comfortable with uncomfortable feelings. They often dissipate if I feel them instead of eating them. When we practise honouring our feelings instead of trying to buffer with food or wine, we live our most authentic life. So when I find myself staring into the fridge looking for life’s answers, I yell, ‘Feel your feelings, woman!’ ”*

—STEPHANIE

## what to do

# bust a bad mood

If emotions are driving you to eat, try a nonfood activity to divert you and even help boost your mood. Do it often enough, and it'll become your go-to response!

Sing aloud  
to your favourite song

Go for a  
**BIKE RIDE,  
JOG, OR  
WALK**

**Tackle a  
long-  
delayed  
to-do**  
(organize linen  
closet, toss old  
fridge items)

**Practise mindful breathing**

**HUG A  
FRIEND  
OR  
FAMILY  
MEMBER**  
(twice for good  
measure)

Go on Connect  
on the mobile app

**Make something:**  
a flower arrangement,  
a craft, a homemade  
greeting card, a drawing,  
a birdhouse

**CALL  
OR  
TEXT A  
FRIEND**

Plan your next vacation  
(real or bucket list)

Your own ideas:

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**FOLLOW UP** Choose an idea above to try next time you want to eat out of emotion. Create a reminder to do the activity and post where you'll see it when unpleasant feelings come up—like a sticky note on your fridge or pantry door.

# think again

When you recognize eating isn't the answer to strong emotions, it will be easier to replace it with a better feel-good response.

## UNHELPFUL THOUGHT

"Eating is the only thing that's going to make me feel less stressed right now."



## HELPFUL THOUGHT

"I am stressed and I feel like only eating will help, but I know I won't feel good later on. Walking around the block to clear my mind has helped before, so I'll give that a try."

## UNHELPFUL THOUGHT

"I can't stop turning to food when I feel sad."



## HELPFUL THOUGHT

"Turning to food when I'm sad has become a habit. But if I do something else comforting and repeat it whenever I feel sad, I can develop a healthier habit that feels good in the moment and in the long run."

**(YOUR TURN!)**

Reflect on a recent time when you felt like eating in response to a strong emotion. Write down an unhelpful thought you had in reaction. Give it a reality check, then write your helpful thought.

## UNHELPFUL THOUGHT

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## HELPFUL THOUGHT

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# inspiration

from a member

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**NAME**  
Felicia

**JOINED**  
6 years ago; I hit  
my goal in 2014.  
And now I'm a  
Leader, too!

**FAVE WW TOOL**  
The weekly  
meeting! I love  
my Leader and  
the group is  
awesome!

Like many of us, Felicia's gone through some emotional upheavals. Here's how she tackles rough patches without food.

**Eating emotionally:** When I was sad about the deaths of my mom and brother a few years ago, I often turned to salty, sweet, or greasy foods. They seemed to satisfy me in the moment and for that moment they made me feel better. But it wasn't long before I'd regret my choices.

**Food as a faux fix:** I've realized food is only momentarily gratifying to emotions. When I hear that little voice in my head saying: "You

don't need that food," I think about what's next—about what that food will do to my mood now, and later to my weight.

**Making smart swaps:** I turn to activities for comfort. I enjoy walking my dog, I visit with my father or my nephews, or spend time with my fiancé and best friends. WW meetings always put me in a good, motivated mood, and my choices afterward are so much better.

**Get-happier habits:** I love clothes and I have a ton of cute outfits. I try outfits on, pairing the top, bottom, jewelry, and shoes. Another fun task has been organizing my house (hello, FitPoints®!). One of my dreams is to do stand-up comedy, so sometimes I just watch my favourite stand-up comics and "study." And when I am having a very difficult time avoiding emotional eating, I'll play or cuddle with my loving dog, Charlie.



How do you **#BustAMood** without eating? Share on Connect on the mobile app (for subscribers).

There are usually very few seeds in baby peppers. You can eat them or cut them out.



0  
SmartPoints  
value

**FAST + EASY** from [weightwatchers.ca](http://weightwatchers.ca)

## grilled baby peppers in oregano vinaigrette

0 SmartPoints® value per serving // PREP 10 min // COOK 10 min // SERVES 6

- 5 ml (1 tsp) minced fresh oregano (plus extra for garnish)
- 5 ml (1 tsp) extra-virgin olive oil
- 2 ml (½ tsp) white wine vinegar
- 2 ml (½ tsp) garlic salt
- 2 ml (½ tsp) ground cumin
- 450 g (1 lb) sweet baby bell peppers
- 2 sprays cooking spray

**IN** a small bowl, combine oregano, oil, vinegar, garlic salt, and cumin. Place peppers in a large bowl and drizzle with dressing; toss to coat.

**EVENLY** divide peppers among 6 long metal or wooden skewers, threading them width-wise (make sure to soak wooden skewers in water for 30 minutes before use).

**OFF** heat, coat a grill rack or grill pan with cooking spray; heat over high heat. Cook peppers, flipping once, until evenly charred, about 4 to 5 minutes per side. Remove from grill and serve warm or at room temperature; garnish with oregano if desired.

**YIELDS** 1 skewer per serving.

