

Emotionally Healthy Habits & Affirmations

- Listen to your body
 - ❑ *I stop eating when I'm full and only eat when I'm physically hungry.*
- Manage your hunger
 - ❑ *I feed myself properly through the day so I don't lose control.*
- Bounce back
 - ❑ *If I've made a poor food choice, I don't use that as an excuse to eat everything in sight.*
- Avoid junk food
 - ❑ *I mostly avoid junk food.*
- Exercise enough
 - ❑ *I exercise enough to stay healthy.*
- Rational portions
 - ❑ *I know how to properly control the amount of food I eat.*
- Prevent binges
 - ❑ *I know when I'm about to binge and can stop myself.*
- Savor your food
 - ❑ *I eat good food slowly so that I enjoy it.*
- Choose a balanced diet
 - ❑ *I eat a healthy, balanced diet that keeps me feeling good physically and mentally.*