

JOYOUS HEALTH

# FOOD & EMOTIONS JOURNAL

## *HOW THIS JOURNAL WORKS*

The purpose of this journal is to help you identify how you are feeling emotionally and how it relates to your diet. Many people don't realize that when they are stressed out they eat for comfort and indulge in unhealthy foods to stuff down any uncomfortable feelings. The first step to addressing these emotions is awareness. Once you identify patterns between your eating habits and emotions, you can find healthier solutions to cope. For example, on those super stressful days, going for a brisk walk after dinner can be all you need to avoid eating ice cream.

This journal will also help you identify potential food triggers and food sensitivities. By "triggers", I mean foods that could set you off on an unhealthy binge and by "sensitivities" I mean foods that could be triggering a reaction (bloating, eczema, acne, etc.). It's time to get to know you!



TODAY'S AFFIRMATION

I NOURISHED MY BODY WITH

BREAKFAST

LUNCH

DINNER

SNACKS

HOW I FELT AFTER

WHAT I DID TODAY FOR STRESS MANAGEMENT AND SELF CARE

WHAT I NOTICED TODAY



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# PLAN YOUR MEALS

## *ORGANIZATION IS KEY!*

Organizing your meals is one of the most important things you can do to make a change in your diet as easy as possible. If you need recipe inspiration you can browse all the recipes on [JoyousHealth.com](http://JoyousHealth.com) or follow the meal plans in [\*Joyous Detox\*](#) or [\*Joyous Health\*](#).



FOR THE WEEK OF:

MEAL	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				

