

HOW TO STOP OVEREATING

THE ULTIMATE GUIDE TO OVERCOMING OVEREATING
AND IMPROVING YOUR RELATIONSHIP WITH FOOD



Hey, Gorgeouss!

I am Selen and glad to share this free guide with you that will help you stop overeating and build healthy eating habits.



ABOUT ME

I'm a Miami-based, originally from Turkey, certified Integrative Nutrition Health Coach.

I am helping women quit dieting & restriction, achieve a positive relationship with food, and rebalance their diet while improving their health.

You can find me doing yoga, meditating, cooking, or dancing when I am not working.

Consistently overeating can leave you feeling not well physically and mentally, and more disconnected from your body. It can also be a sign that you haven't found how to practice healthy and balanced eating in your daily life.

I'm going to share with you some of the underlying reasons you may be overeating and what you can start practicing in order to navigate this.

Let's dive in!

Selen Yalcin



5 REASONS YOU ARE OVEREATING

Most people think they need to control their eating with more willpower and discipline, but that's not true!

If you want to stop overeating you really need to understand why you are overeating in the first place.

1. Dieting/Restricting

A major reason we overeat or feel out of control around certain foods is that we restrict ourselves.

Restrictive eating patterns that eliminate many of your favorite foods may cause you to feel deprived, and drive you to overeat and binge on forbidden foods once you start eating them.



2. Being disconnected from the body

Most of us are not eating in response to the natural cues that our body is sending us. After dieting for so many years, we have become so reliant on looking outside of ourselves to tell us what to eat, when to eat, or how much to eat, we are out of the habit of listening to the internal signals of our body.



3. Not eating enough during the day

I have to admit that this was something I struggled with a lot in the past! I used to skip breakfast, eat too little at lunch and then overeat to the point of discomfort in the evening.

By not eating enough during the day, we are cutting the energy we are giving to our bodies. Once we start eating we are likely going to overeat because our body is ravenous and in need of quick energy.



4. Eating mindlessly

Overeating while watching Netflix, scrolling down on your phone, or while working at your desk is very common for most people.

A review of 24 studies found that being distracted while eating led people to eat more at that meal. It also caused them to eat more food later in the day, compared with people who paid attention to their food while eating.

5. Eating for emotional reasons

We ALL eat for emotional reasons rather than nourishment from time to time as food is also culture, tradition, and a social connection.

However, if you turn to food every time you face an uncomfortable feeling and eating is your biggest coping mechanism, or if you are solely relying on food for happiness, it might be time to find food-free ways to handle emotional ups and downs.



7 TIPS

TO STOP OVEREATING

1. Eat regular meals

Do not skip breakfast and eat a well-balanced lunch at regular times during the day. This will help reduce the chances of eating too much later in the day. Also, keep healthy snacks with you to avoid hanger.

If you wait until you're starving to eat, you will most likely eat whatever is quick and available, make unhealthy food choices and eat too much. The longer your body stays without food, the lower your blood sugar level drops, resulting in making impulsive food decisions.



2. Mid-meal check-ins

Check-in with your body to see how hungry/full you are on a scale of 1 to 10, before, halfway through, and after a meal. Use the hunger scale on the next page.

This simple practice will help you tune into your body and really understand the portions that allow you to feel your best.



THE HUNGER SCALE

- 1 Famished, feeling weak. dizzy
- 2 Very hungry, irritable, lots of stomach growling
- 3 Hungry, stomach growling, need energy
- 4 Starting to feel hungry
- 5 Neutral; not hungry or full
- 6 Slightly full, pleasantly full
- 7 Full, slightly uncomfortable
- 8 Too full, feeling stuffed
- 9 Very uncomfortable, stomach aches
- 10 Feeling sick



3. Practice mindful eating

Limit the distractions. Turn off your phone and TV.

So that you can be fully present with the food you eat.

Take the time to slow down, pay attention to your meal, and enjoy each bite.

This gives your brain time to receive the “I’m full” signal. Make sure you savor the smell, texture, and flavor. Chew each bite well, swallow it before taking the next, and put your utensils down in between.

4. Add in more healthy foods instead of cutting certain food groups

Find one or two healthy foods you actually like and add them to your diet this week. When you add more healthy foods into your diet, you will naturally have less room for less nutritious foods.

Include more satiating foods that contain healthy fats, protein, and fiber to keep you full for longer, including *avocado, banana, oatmeal, yogurt, eggs, whole-grain bread, wild-caught fish, nuts, lentils, and beans.*



5. Challenge your food rules

Give yourself permission to eat one of your off-limit foods this week. I know it can feel a little bit scary at first, but over time, you will find that food that you once thought of as appealing starts to lose its allure.

Once you stop labeling those "forbidden" foods as bad, you will start to have a neutral relationship with foods and will be less likely to overeat or binge on them.



6. Avoid eating from the container

If you feel like you can't stop once you start eating chips or ice cream, portion it into a dish and eat from a plate or a bowl instead of eating it straight from the package.

This will allow you to eat more mindfully as being aware of how much you eat, and prevent eating the whole container in one sitting.



7. Cope with your emotions

When you find yourself reaching for food when not hungry, intentionally pause for a second and try to identify what you are feeling. Are you stressed, anxious, overwhelmed, angry, or simply bored?

Use it as an opportunity to get curious in a non-judgmental way and figure out what need is not being met in your life - instead of beating yourself up.

Eating to feel better totally makes sense as food is also a source of pleasure. However, the moment you are done with eating, whatever emotion that you were trying to get away from, is still going to be waiting for you.

Now not only are you going to have the unprocessed emotion, but you are also going to have the physical and/or emotional discomfort of eating when you are not hungry.



10 things to do instead of eating when you are not hungry

1. Take a short walk
2. Do a short stretching or yoga
3. Turn on your favorite song and dance
4. Take a warm bath
5. Make yourself a herbal tea
6. Paint your nails
7. Do a face mask
8. Clean the bathroom
9. Meet with a friend
10. Get a concert or event ticket to spice up your life





WANNA LEARN MORE?

If you are looking for more personalized, step-by-step guidance and support to create a healthy & balanced diet,
I am ready to help you.

Click the link below to schedule a **free** consultation with me where we can talk about your goals and how I can help you reach them.

[SCHEDULE A FREE SESSION](#)

Follow me on Instagram —————> [@holistika.nutrition](#)
where I am serving more tips on healthy & balanced eating and delicious recipes.

If you have any questions, don't hesitate to reach out to me at
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