

LIVE MORE WEIGH LESS 911 CARD

With love, Sarah Jenks



"You can talk about the benefits of broccoli until you are blue in the face, but real change won't happen until we pull back the veil of fad diets and calorie counting to reveal the true cause of our overeating."

SARAH JENKS

To be used when you're feeling "off" and you want to eat something you know you're totally going to regret later.

Are you really hungry? Is your stomach actually empty and rumbling?
Hunger does not = "I want to eat that _____"

YES

If you are hungry, eat! Healthy, delicious, something nice to look at. Sit without distractions and eat slowly until you are satisfied (but not insanely full).

NO

If you are NOT hungry, ask yourself: What do I need emotionally in this moment?
Go do an activity that will satisfy your emotional craving.

TRY THESE...

Take a breath • Grab a magazine and a latte and sit on a park bench
Call your Mom or your bestie just to say "Hi" • Get a quick manicure • Take a nap
Blare your latest favorite jam • Go read your favorite blog... maybe SarahJenks.com? ;)
Stretch your body for 2 minutes • Ask someone to go for a quick walk with you
Go outside and feel the sun on your face • Drink a huge glass of water with lemon
Ask the nearest person for a shoulder massage • Write a love note to send

Just stay present to what you really, really, REALLY want in this moment. You're worth it.

Want more tips and support? Visit LiveMoreWeighLess.com/911