

# LIVE MORE WEIGH LESS 911 CARD

With love, 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.

*"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**

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

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](http://LiveMoreWeighLess.com/911)