

# STELLAR *Life*

Hosted By *Orion*

## The Psychology of Eating

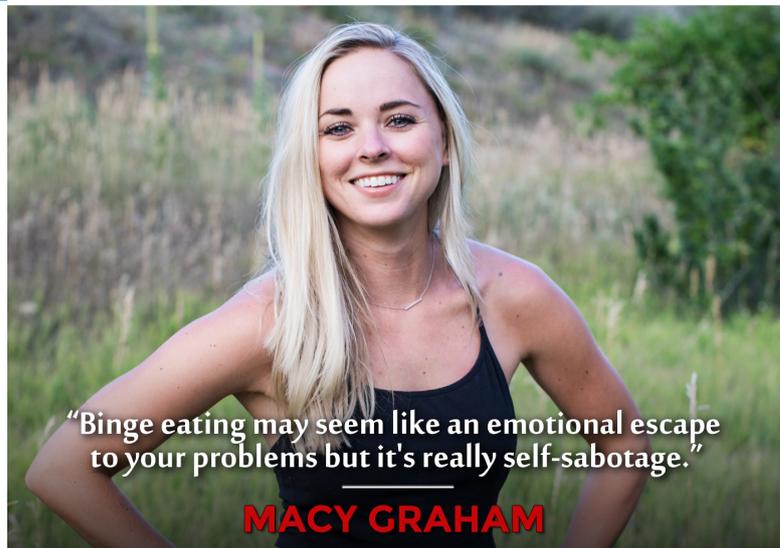
10 Point Checklist

**Macy Graham**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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“Binge eating may seem like an emotional escape to your problems but it’s really self-sabotage.”

**MACY GRAHAM**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Don't be too hard on yourself. Aim for a great physique but cut yourself some slack if a cheat meal is the only thing that will make you feel better.
- Stop labeling food as "good" or "bad". Putting what you eat into moral categories is not helpful. Food is food, and some types of food are simply more nutritious. Eating what you please in moderation will help you avoid binging.
- Talk to yourself the way you would talk to a good friend. Negative words will do nothing but bring you down. Encouraging words will motivate you to keep going.
- Accept that your body is an amazing shapeshifter. It will move through many different phases as it goes through the journey of life with you. Prioritize taking care of yourself physically but let go of the things you cannot control.
- Don't focus too much on food or let it take over your life. It's not just food that affects your weight. When you focus on other activities that make you feel good about yourself, you'll stop thinking about food so much.
- Be patient with yourself. Understand that it takes time to heal. Take small steps towards your goal rather than going cold turkey and cutting back on everything that you binge eat on at once.
- Eat slowly. Binge eating is usually a result of quick emotional outbursts that block rational thinking. Eating slowly allows you to reevaluate your choices so you can stop a binge before it starts.
- Exercise or do something active every day. Physical activity can help take your mind off food and beat your cravings for sugar and other less nutritional items.
- Find a natural eating rhythm that works best for you. When you do eat, ensure that you have a substantial amount of food that can last you four to five hours without hunger cravings.
- Start learning the principles of eating psychology with Macy Graham so that you can develop a healthy relationship and habit with food.