



Mind OVER
munchies

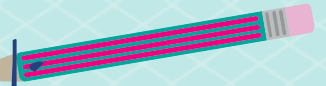
Nibbles & Scribbles

A seriously FUN "food-mood" journal

by Rena Reiser, Intuitive Eating Counselor



How to use your NibbleScribbles Journal.



Yay! You have taken an amazing first step in downloading your Nibble Scribbles Journal!
Now let's put it to good use.

Many of my clients ask me for a tool to help them pay more attention to their food choices. This little journal is a great step toward eating awareness.

Here's the thing: We are ditching diets and not following any meal plans or food rules. At the same time, it can be very beneficial to write down what you've been eating, as long as you keep the following conditions in mind:

- There are no "right" or "wrong" choices with food. The foods you eat do not have a moral value.
- It's easy to turn this into another diet and make it about what you "should" and "shouldn't" do. There are NO rules!
- Most importantly: whatever you write down should be done with curious compassion. This means following the "no beating yourself up" rule!

OK so now that we got the what NOT to do out of the way, let's dive in to what to YES do!

Most of us have been in the habit of just putting food in our mouths without thinking about what it is we truly want to eat, or whether or not food is what we actually need right now.

A habit is simply a behavior that we've repeated again and again until we do it without consciously thinking about it. Hence, it's habitual.

In order to break this habit, it's helpful to identify the behavior and the emotion you are feeling when you eat.

This is the crux of the work you will do with your Nibble Scribbles Journal. (Please note that I intended for this to be a short-term activity. Use it for 1-3 weeks max.)

I've outlined 3 meals and 4 snacks per day. Your day may look very different, and that's perfectly okay! Use the sections that work for you, and leave the ones that do not.

Each time you sit down to eat, before and after your eating experience, ask yourself: "What emotion am I feeling right now?" Use the emotion wheel on page 11 to help you identify the emotion you are experiencing.

At the end of the day, take a few minutes to reflect on your eating that day. What could you have done differently? What went well for you? What did you notice about your eating habits?

That's it! By continuing to do this work, you will gain more insights and awareness into your eating habits every time you use it.

Remember: you have probably been eating distractedly for several decades now. The same way you didn't start this habit yesterday, it will also take some time to undo the habit. Be patient with yourself, and most of all, have compassion for yourself. If Hashem has unlimited compassion for us, surely we can allow ourselves some, too!

PS - I added a "Tip of the Day" on the side of your journal. It's like extra credit if you would like something to give your day a bit more focus. Enjoy!

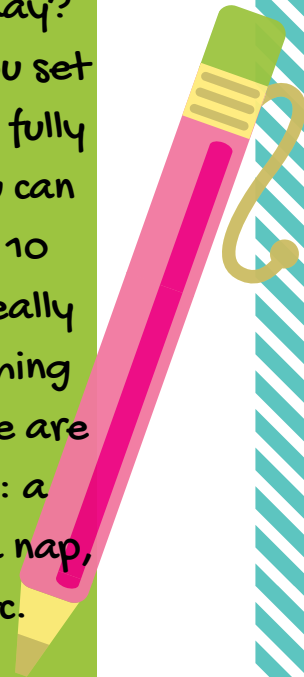
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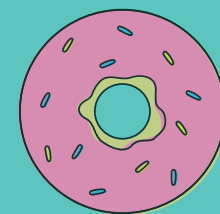
	FOOD	MOOD BEFORE EATING	MOOD AFTER EATING
BREAKFAST			
SNACK			
LUNCH			
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TIP of the DAY

What are you savoring today? Where can you set aside time to fully enjoy it? You can try to take 10 minutes to really savor something you love. Here are some ideas: a book, music, a nap, a food, etc.



Reflections on the day



NibbleScribbles

MONDAY

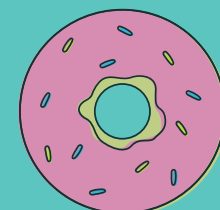
	FOOD	MOOD BEFORE EATING	MOOD AFTER EATING
BREAKFAST			
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TIP of the DAY

How can you move your body in a way that gets you excited? Or perhaps actively choose not to move. Find an activity that "moves" your body that you LOVE, even if it's not "perfect"


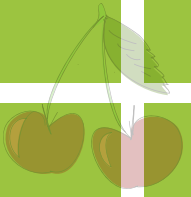


Reflections on the day



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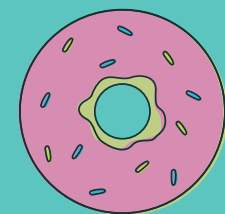
	FOOD	MOOD BEFORE EATING	MOOD AFTER EATING
BREAKFAST			
SNACK			
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TIP of the DAY

Make space in your fridge and in your life. Tackle those leftovers: What do you still want to eat? What is no longer appetizing?



Reflections on the day



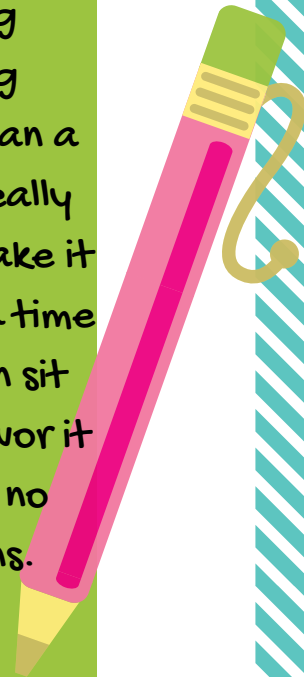
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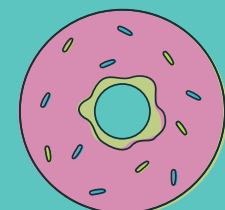
	FOOD	MOOD BEFORE EATING	MOOD AFTER EATING
BREAKFAST			
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TIP of the DAY

Instead of "throwing something together" plan a meal that really fulfills you. Make it for a day and time that you can sit down and savor it alone with no distractions.



Reflections on the day



NibbleScribbles

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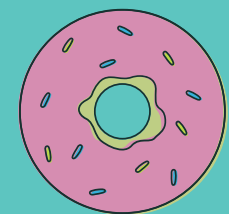
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BREAKFAST			
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TIP of the DAY

Eat one meal with an awareness of your hunger & fullness. As you eat, ask yourself: Are you still hungry? Are you full? Are you still eating even after you are full? How hungry were you when you started?



Reflections on the day



Nibble Scribbles

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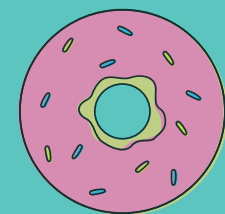
	FOOD	MOOD BEFORE EATING	MOOD AFTER EATING
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TIP of the DAY

A day we are likely to "forget to eat". It's important to remember, so set an alarm. Prepare a hearty meal for yourself to eat before things start flying.



Reflections on the day



Nibble Scribbles

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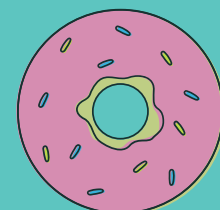
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TIP of the DAY

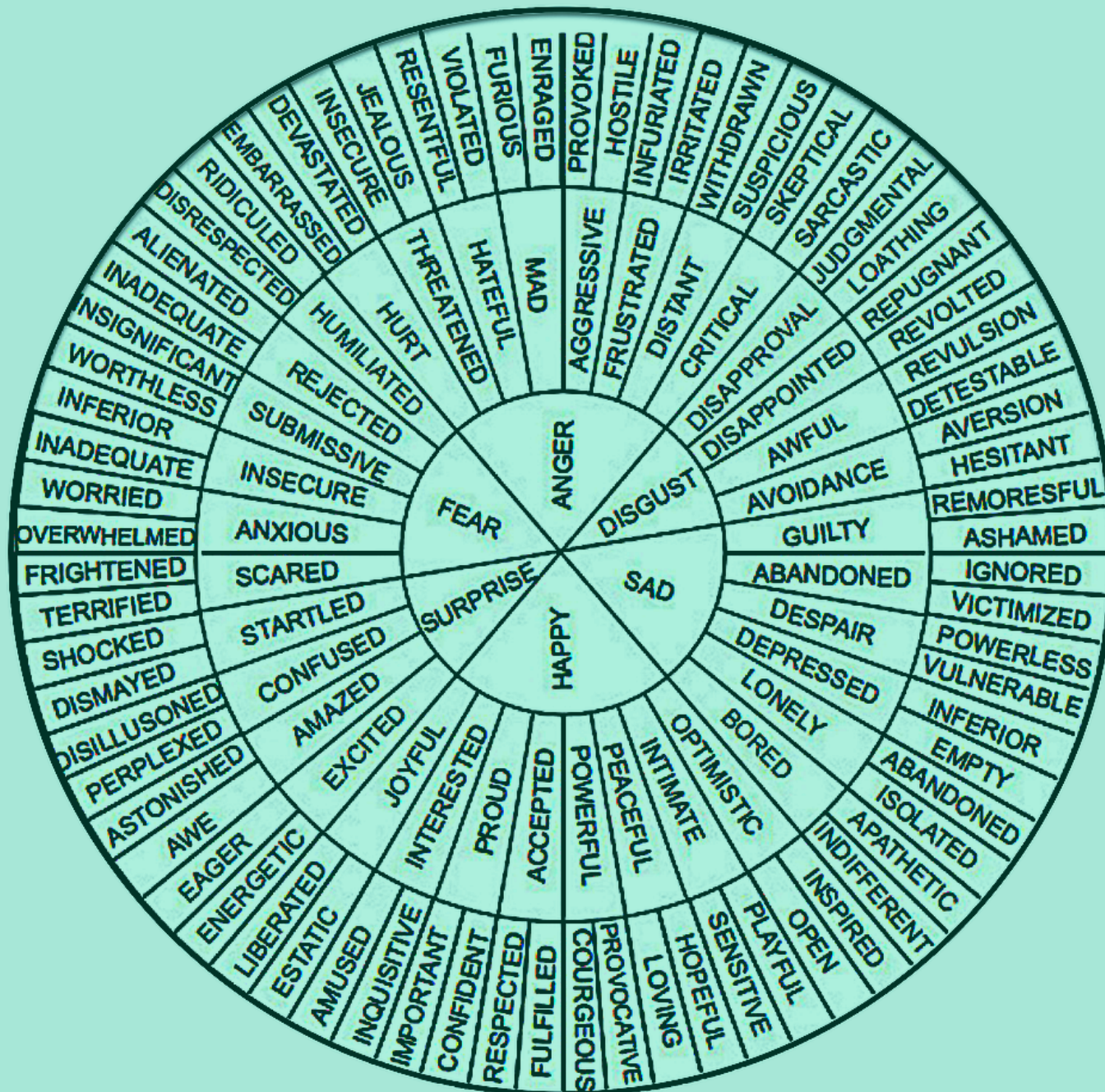
Shabbos is a time that many of us "lose focus" on our eating. After Shabbos, reflect on the times you overate or ate distractedly. What can you learn from these experiences? What can you do differently?



Reflections on the day



The Emotion wheel



Specific Feelings Vocabulary by Kaitlin Robb

About Rena Reiser:



**Hi! I'm Rena Reiser, and I'm the founder
of Mind Over Munchies.**

**I work with women who are ready to stop their
distracted eating and instead have deep
Menuchas Hanefesh with food, body and mind.
Remember, Hashem made food delicious for us
to enjoy it!**

**Do you want my help to have more Menuchas Hanefesh with food?
Contact me and let's chat about what it would be like to work together:**

rena@mindovermunchies.com