

111 Coaching Card

Are you Hungry?

Is your stomach rumbling and feeling empty?

YES

NO

Drink water to give yourself space to prepare a product or a healthy meal
Eat mindfully, focus on the taste, texture, smell, when you're full

Drink water as you might be thirsty!
Ask: What emotions or negative feelings am I trying to avoid? What feeling am I looking for from the food?

WHEN YOU'RE CLEAR

Breathe. Lift your eyes up, get up, move your body. Go outside. Go for a walk. Get support.
Listen to my 111 Coaching Call. Call your mum, a friend. Me! Get your nails done.
Whatever you need to do to give you that feeling in the moment.

Do something today your Future Self will thank you for.... **Need help?**
Contact Madeline • Call or Text 07827 932 138 • Email info@corrcoaching.com
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