



BINGE EATING AWARENESS AND WELLNESS WORKBOOK



FULL LIVING WELLNESS

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THE CYCLE OF BINGE EATING

- The Cycle

BUILDING AWARENESS THROUGH SELF-REFLECTION

- Daily Reflection Journal
- Identifying Emotions and Unmet Needs

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WELLNESS TOOLS FOR HOME AND WORK

- Integrating Wellness into Daily Life
- Building on wellness tools each week

COMMON BINGES

- The “I Deserve This Treat” Binge
- The Post-Diet Binge
- The Body-Shaming or Dressing Room Binge
- The Celebration Binge
- The Late Night Binge

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RESOURCES FOR CONTINUED SUPPORT

- Books
- Podcasts
- TEDTalks

Binge eating can be a challenging and overwhelming experience, especially when balancing a demanding career and family responsibilities.

This workbook is designed to help you build awareness, develop coping skills, and create sustainable wellness habits that fit into your busy life.

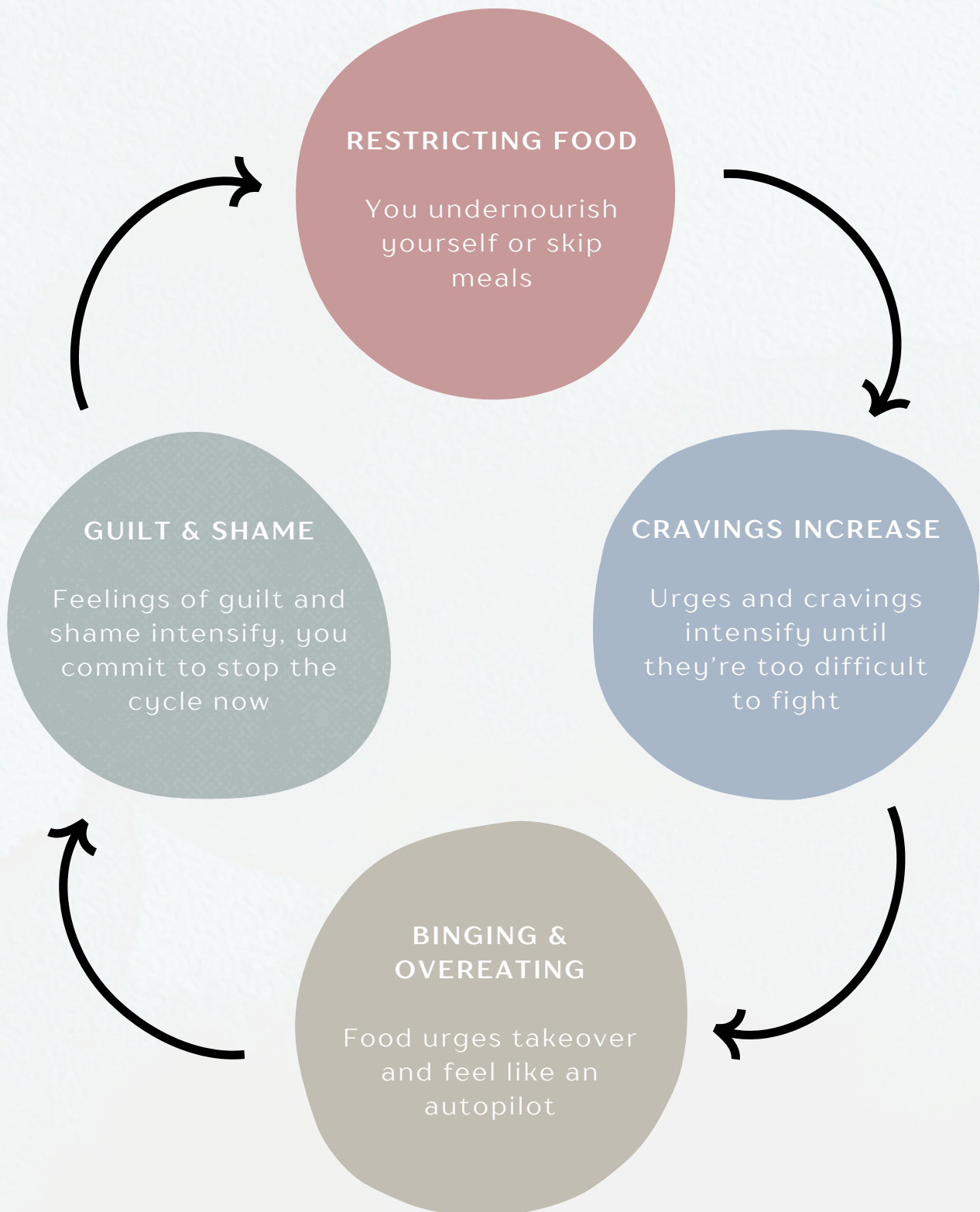
Remember, this is a judgment-free space for self-reflection and growth.

-FLW TEAM



SECTION 1: THE CYCLE OF BINGE EATING

THE CYCLE



SECTION 2: BUILDING AWARENESS THROUGH SELF-REFLECTION

DAILY REFLECTION JOURNAL

Use this space to track your emotions, triggers, and eating behaviors each day.

Prompt:

- How am I feeling right now (emotionally and physically)?
- Did I experience any urges to binge today
- What might have triggered them?
- How did I respond to those urges?
- What can I do differently tomorrow?

Date: _____

Mood: _____

Triggers Identified: _____

Response: _____

Plan for Tomorrow: _____

IDENTIFYING EMOTIONS AND UNMET NEEDS

Recognizing your emotions and unmet needs can help prevent binge eating behaviors.

Activity:

What emotions am I experiencing right now?

Are there any unmet needs contributing to these feelings?

What healthy and sustainable ways can I address these needs?

Emotions: _____

Unmet Needs: _____

Healthy/Sustainable Responses: _____

SECTION 3: WELLNESS TOOLS FOR HOME AND WORK

INTEGRATING WELLNESS INTO DAILY LIFE

Quick Self-Care Ideas at Home:

- Light stretching before bed
- Preparing a favorite herbal tea
- 5-minute journaling before sleep
- Taking an extra 10 minutes just for yourself each day, even when others have needs

On-the-Job Wellness Practices:

- Breathing exercises during breaks
- Keeping healthy snacks easily accessible
- Setting a reminder to drink water throughout the day
- Taking short walks or stretching during breaks

BUILDING ON WELLNESS TOOLS EACH WEEK

Week 1:

- Count your daily steps. Reflect on how much you already do for your family and work. Acknowledge and celebrate your physical activity.

Week 2:

- Plan balanced meals and snacks to provide consistent nourishment, preventing binge episodes.

Week 3:

- Identify moments when reaching out to community or support networks could help manage binge urges.

Week 4:

- Dedicate 10 minutes daily to self-care, even if it means saying "no" to others' requests temporarily.

**WHAT WELLNESS GOALS WOULD YOU
LIKE TO PRIORITIZE OVER THE
NEXT FEW WEEKS:**

SECTION 4: COMMON BINGES

THE “I DESERVE THIS TREAT” BINGE

Or, the "feeling sorry for myself" binge. When I've experienced this type of binge, it's involved a resolute, convicted "F you" to the whole world—or anyone who ever told me not to eat a certain food or to "be careful" about how much I consume. It typically happens when we're particularly stressed, exhausted, and/or premenstrual. We use this binge to comfort ourselves, to reward ourselves, and to rebel. These types of binges tend to feel less angsty because, in part, we're doing it to rebel against society, peers, or parents who tried to control our eating or deny us the pleasure of food.

THE POST-DIET BINGE

This is also known as the rubber band binge. You chronically diet, going up and down in weight. You alternate between restricting and then binging once you snap and can't take the restriction anymore. Oftentimes, the very foods you've been restricting are the same ones you end up binging on once the "diet" is over or your willpower lets you down. The post-diet binge is laced with both relief and remorse but ultimately leaves you feeling hopeless and concerned about what comes next.

THE BODY-SHAMING OR DRESSING ROOM BINGE

When I was in the thick of my dieting days, I would work so hard to eat perfectly, exercise relentlessly, and drink loads of water to support my weight loss efforts. Once, when I reached one of my lowest weights, I was simultaneously cat-called and body-shamed by the same person after I had rejected his advances. It triggered a binge. After all, if I was still being body-shamed and criticized after putting in all the heroic, herculean efforts to be smaller, then what was the point of it all? These binges can also occur after a disheartening or emotionally painful experience in a store dressing room—trying on clothes in vain and feeling like nothing looks good or fits right. Ironically, instead of redoubling our efforts to change or try harder, we often end up feeling complete despair and hopelessness, leading us to seek out foods that comfort us.

THE CELEBRATION BINGE

This can happen at any lavish event or even at a casual home party, like a Super Bowl party or a BBQ. While these gatherings are often celebratory in nature, they also tend to involve a lot of distracted eating due to mingling, talking, and general revelry or TV watching. Studies have shown that many people subconsciously mimic the behaviors of others around food. So, if we see a lot of people eating and drinking with abandon, we're more likely to do the same.

THE LATE NIGHT BINGE

This binge is one of the most common I've seen, and there are several reasons for this. First, after making potentially thousands of decisions during the day, we're more prone to decision fatigue in the evening, which can lead us to reach for easy-access foods—often ones that are high in fat, sugar, and salt, or processed. Second, when we're tired at night but not quite ready for bed, we may use food to give us a quick energy boost. We may also fall into a subconscious food script that leads to a binge, like eating a pint of ice cream while watching the game with your spouse or partner. Finally, we often binge at night to avoid something. Sometimes we want to avoid boredom or monotony, other times we seek intimacy and connection, and food plays that role. There are also times when we're so stressed from the chaos of the day that we use food to numb out from the stressors at home. There are many reasons for the late-night or middle-of-the-night binge, and I'm only touching on a few of them here.

SECTION 5: RESOURCES FOR CONTINUED SUPPORT

BOOKS

- “Brain over Binge”– *by Kathryn Hansen*
- “The Binge Code”– *by Alison Kerr*
- “Intuitive Eating”– *by Evelyn Tribole and Elyse Resch*

PODCASTS

- Breaking Up With Binge Eating
- Food Psych Podcast with Christy Harrison
- The Eating Disorder Recovery Podcast
- Nutrition Matters Podcast
- The Body Love Binge
- Binge Eating Dietician Podcast
- The Ryann Nicole Podcast

TED TALKS

- “Emotional Eating: What if Weight Loss Isn't about the Food?”– *by Tricia Nelson*
- "Why Dieting Doesn't Usually Work"– *by Sandra Aamodt*
- "How to Make Stress Your Friend"– *by Kelly McGonigal*
- "The Power of Vulnerability"– *by Brené Brown*
- “Confessions of a Binge-Eating, Wellness Influencer”– *by Jamie Hess*