



symptoms

<p><i>Headache</i> <i>Nausea</i> <i>Irritable</i> <i>Lighted headed</i> <i>loss of focus</i></p>	<p><i>Hunger pangs</i> <i>stomach growling</i> <i>thoughts of food</i></p>	<p><i>Not hungry</i> <i>Not full</i></p>	<p><i>Eating slow</i> <i>sense of well-being</i> <i>stomach is comfortably full</i></p>	<p><i>uncomfortably full</i> <i>stomach stretched</i> <i>painfully full</i> <i>nauseous</i></p>
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Day 1:

Before (1-10)

During (1-10)

After (1-10)

Breakfast

Lunch

Dinner

Day 2:

Before (1-10)

During (1-10)

After (1-10)

Breakfast

Lunch

Dinner

Day 3:

Before (1-10)

During (1-10)

After (1-10)

Breakfast

Lunch

Dinner

Intuitive Eating Scale

Directions:

before each meal...

1. take deep breaths to relax your body and mind. Box breathing is beneficial (4 seconds inhale + 4 second hold + 4 second exhale (through nose))
2. once relaxed, do a full body scan. Close your eyes, and begin with the top of your head. Notice any tension, stress, strain. Relax those muscles. Scan down to your neck and shoulders, and notice any tightness. Follow down to your stomach, hips, all through your toes, and relax any stress. Breathe.
3. Now focus on your stomach and belly. is it growling? Is it tense? Do you need to breathe deeply to lessen any strain? Is it full? Do you feel any other stress? Notice any and all feelings.
4. Now think of how you want to feel when you eat your meal. Nourished? Satiated? Complete? Comfortable? Envision these feelings and focus on them. Try to really feel them and connect them with your physical body.
5. Complete the worksheet both before, during, and after a meal. You may do this privately, just note these at time of meal.