



Thank you for visiting my site! I hope there will be some new perspectives and useful takeaways from these downloads about Emotional Eating and Work-Life Balance. I hope you will use them to start considering your health and well-being in different ways. By signing up to receive these, you'll be added to my email list, but I promise that's likely to be a monthly to bimonthly e-newsletter and/or any articles I occasionally add to my website. I am just as overloaded with information as many of you, and I will be respectful of the number of emails you receive from me. You're welcome to follow Janet Frank Coaching on Facebook or LinkedIn, where I post more often. You can always Unsubscribe, which will happen by law, no questions asked. I hope you'll stick around! You're welcome to contact me any time at janetfrankcoaching@gmail.com with questions about these downloads, or anything about health coaching. Thank you again, and to your good health! - Janet

5 Important Things to Know About Emotional Eating

1. Having trouble losing weight is **not a moral failing**, and **shame does not belong** in the equation. This is the first time in our evolution as humans that we've ever had a need to lose weight. We are still genetically very similar to people from tens of thousands of years ago, who mostly lived with food scarcity. Our bodies are genetically adapted to hold onto what we put in. Losing weight is hard. It's definitely doable for most people, but it isn't easy and generally requires knowledge, focus, desire, and support.
2. The food industry is not our friend. There is misleading nutritional information everywhere about what's good for us. No wonder we are confused. Did you know that many companies employ people in laboratories to conduct experiments to come up with a "bliss point?" This is the exact, precise level of sweetness to get us coming back for the most return portions. Yep, the food industry is **designed to get us addicted**. It's not just our own internal struggle. See #1.
3. Recovery from emotional eating has a lot to do with dealing with strong unpleasant **emotions** (although sometimes the emotion is positive, as we also eat for celebration, right?). If we stop at, "I'm sad," we're missing a great opportunity to truly understand what we're feeling (sad can be angry, hurt, disappointed, lonely, anxious, etc.). Being able to name emotions with great clarity and specificity is a super power!
4. **Values** are the things we hold as part of our core, which make us show up the way we do. They help with, "Why am I doing this hard thing?" **Strengths** can be things we've honed and practiced and gotten good at. Strengths are also the things we do naturally, where people look at us and say, "I don't know how you do that!" and we reply, "Really? I just do." Strengths and values are not part of our everyday conversations in the "real world," but they are *integral* to recovery from emotional eating, and in coaching we leverage them all the time. Even if you think you don't have any strengths, you definitely do.

5. Two of the biggest antidotes to any kind of food addiction and to a lot of emotional eating are **connection and joy**. If you truly assessed how you're doing in these departments, do you have deep and satisfying connections with others? Do you regularly feel/experience joy? These are not the most common things we think of in terms of changing habits, but they're some of the most significant around emotional eating.

5 New Takes on Work Life Balance

1. The term "work-life balance" is a **myth**. It assumes we can spend equal amounts of time working and "having a life," but the fact is, we live in a culture which prioritizes work. No one works 8 hours, sleeps 8 hours, and does "other stuff" for 8 hours! There are more nuanced ways to look at this, including what it might mean to find your "**life rhythm**."
2. Time Management is largely *in your head*. Yep, mostly a mindset thing! How many times have you said, "I can't ___ because ___!" It might be, "I can't take a vacation because I have too much work to do." Or, "I am always late because I have kids." How we *conceive* of time has a great impact on our reality. This conception can be changed.
3. If we don't have our head in the long game, it's much harder to have the discipline and focus to do what we need to do **today** to get where we want to be. For this reason, having a very clear personal vision is crucial to good time management (and hence more sense of balance). This is a deep look at not just what you want to be doing, but **who** you want to be. A vision incorporates your unique strengths and values, which are not things we typically think of or talk about on a daily basis. Crafting a vision with a coach looks very different from an exercise like making a vision board.
4. "Balance" comes partly from setting boundaries. Boundaries are what you do and what you don't, and what you will and what you won't. A boundary is not, "Stop interrupting me!" It's not about making someone else change. It's about communicating your intentions. "I have scheduled a free block from 3 to 3:30 and can meet with you then. Right now I am working." Boundaries can be hard to enforce because we want people to like us! Boundaries can be physical, sexual, emotional, time, spiritual, and more.
5. Breaks are more essential than you think. In fact, the times when we feel so frazzled that we just HAVE to buckle down and muscle through are actually the times we NEED to step away. It can be a "micro" break (few second to 30 minutes), and research shows these can be powerful. Tal Ben Shahar is a happiness researcher who cited a study where super busy, stressed hedge fund traders agreed to stop every 2 hours and do 30 seconds of deep breathing. This was all they'd agree to do. In a month, *all of their performance metrics improved*. Rest matters more for a sense of balance than most people realize.

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