

How to be a conscious eater

Knowing the difference between eating due to hunger and eating due to stress is one giant step in being a more conscious eater. Now, take the next step and plan how you will deal with it.



Times of stress: I am prone to non-hunger/stress eating when:

During those times, I feel:



Cravings: When I am stressed, angry, bored, or etc., I choose foods that are:

If I eat for non-hunger/stress, I feel:



Alternative activity: The next time I feel stressed and want to reach for food, I will:



Reward yourself: I will reward myself for each small change I make by:

For more information on how to stop emotional eating, go to [Wellmark.com/Blue](https://www.wellmark.com/blue).

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc., Wellmark Value Health Plan, Inc. and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association. #17142 03/20 AN-T