

## 5 Minute Crave Fix

Let's be honest...often times we feel out of control around food, we have intense cravings that just won't leave us alone until we give into the food. Then we are left feeling guilty and shameful because we didn't have enough will power and at the food we swore we weren't going to eat. I'm sure you can relate because this has happened to me many, many times. That's why I am sharing with you my **5 Minute Crave Fix**! I want to arm you with the best tools to help you in the moment when a craving comes knocking!

### 1. Take 3 Deep Breaths

- This will help to settle your nervous system and to be present. We have acted on our cravings so much that they become automatic and are delegated to the lower brain. We want to bring them to the surface and be conscious of them.

### 2. Identify the Feeling

- There is a feeling behind that craving, and you want to figure out what the feeling is. If you need help finding that feeling, ask yourself these questions: What would I be feeling if I didn't eat this food? What am I really craving/wanting in my life? Your answer to these questions will be the feeling. For me, it is boredom, frustration, agitation, or anxiety.

### 3. Allow the Feeling

- Allow this feeling that you just identified and let it flow through you versus resisting or avoiding the feeling. Come from a place of curiosity, be curious as to what's going on in your body. A great way to assist in allowing a feeling is through a body scan by bringing awareness to different parts of your body. Just be present and allow the feeling to be there. You might say hi to it and see what it would like. Sit with your emotion until it passes.

**Remember:** Understand that this process is going to be uncomfortable, but also know that it will pass. Just let it be hard and understand that by not answering the craving and giving your brain a short term dopamine hit, that you are creating the long term result you want, which is maintaining a healthy weight and creating a healthy relationship with food.

There is no need to step away from the food, you don't need to go for a walk or take a bath or find another distracting activity. Don't distract yourself from the craving. If you distract or try to avoid it, you will only make it stronger. The feeling will still be there wanting to be processed.

Now, this shouldn't feel like anxiety or tension in the body. This would be resisting the feeling, and we want to stay away from resisting because it will still be there until we process and allow it. If you are feeling tense, I would suggest you take some deep breaths and revisit the body scan.

So, the next time you feel a craving come on or an intense urge to eat a certain food, use my 5 Minute Crave Fix and see the difference.

