

# ***HUNGER***

## **Stress**

Comes on **suddenly**

Felt **above** the neck  
*(craving for ice cream)*

Must be **certain** food  
*(like pizza or chocolate)*

Wants **instant** satisfaction

**Guilt**

## **Physical**

Is **gradual**

Felt **below** the neck  
*(growling stomach)*

**ANY** food will do  
*(just needs fuel!)*

Can **wait**

**NO Guilt**

## 1) *Identify the Source*

Is it physical hunger

Or

Is it stress hunger?

## 2) *Take Action!*

If it's physical hunger -

**FEED** it with healthy choices!

If it's stress hunger -

**FEEL IT**

&

**RELEASE IT!**