

A festive table setting with a wine glass, plates of food, and party hats. The background is a blurred image of a dining table with various dishes, including a bowl of fruit, a plate of food, and a glass of wine. The overall tone is celebratory and social.

YOUR GUIDE TO

**STOP
STRESS
EATING**

**WHILE YOU MANAGE
DIABETES**

Brought to you by

JULIE CUNNINGHAM
NUTRITION

WELCOME

I am honored and excited that you are trusting me to be a part of your health journey.

This guide is meant to give you permission to simplify your health journey and take away that miserable feeling that you're failing one of life's most basic functions — eating!

The Guide to Stop Stress Eating While Managing Diabetes is a simple thought reversal that will change your life...if you see it through to the end.

I encourage you to commit to changing your thoughts, your words, and your actions, until this process has brought you to the point that you think twice before you reach for food in times of stress. I think by then you will realize these simple steps can drive transformation in your health and in your life.

I can't wait to see your confidence grow!

Julie

Julie Cunningham
Registered Dietitian and Certified
Diabetes Care and Education
Specialist





THE PLAN

STEP 1: YOUR THOUGHTS

STEP 2: YOUR WORDS

STEP 3: YOUR ACTIONS

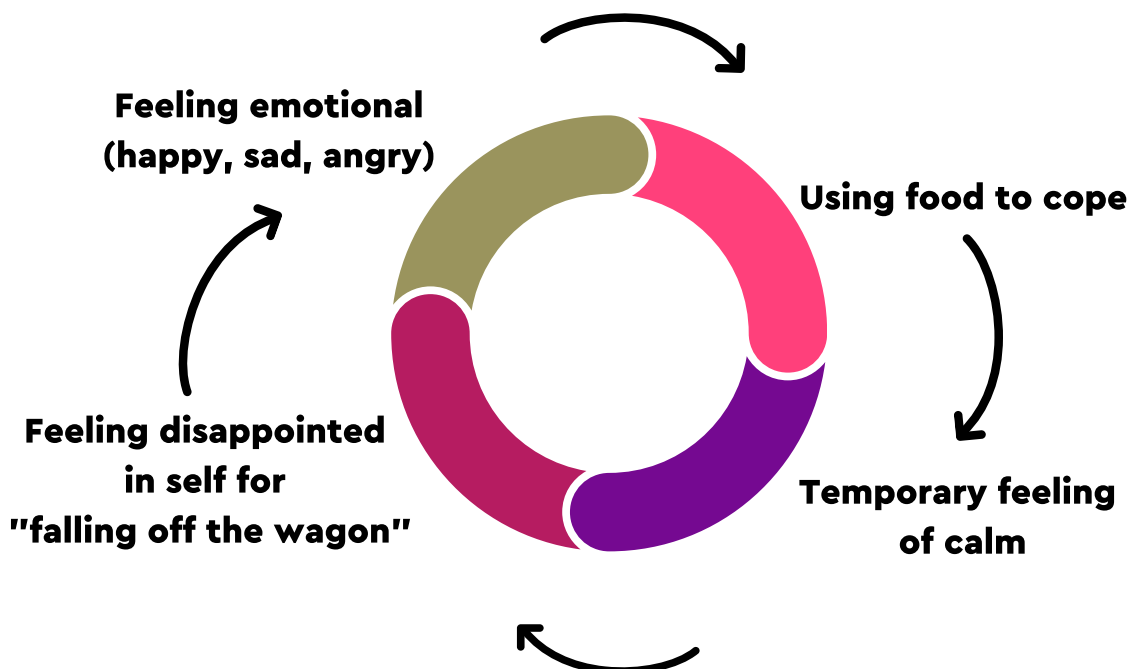
STEP 4: YOUR RESULTS

STEP 5: TROUBLESHOOTING

STEP 6: WHAT'S NEXT?

THE EMOTIONAL EATING CYCLE

You know you need to change your health, but you feel like all of your effort is wasted when you reach for mint chocolate chip every time you're upset. The number on the scale just keeps getting higher, and let's not even talk about your last blood sugar reading. Just having diabetes makes you feel stressed, so what are you supposed to do? It's a vicious cycle, and it looks like this:





STEP 1

YOUR THOUGHTS

Don't be embarrassed if you use food to cope with your feelings. Many, many people do, and some are not even aware of it... you're not alone.

The key to stopping emotional eating is recognizing it while it's happening. The more you can catch yourself while you're using food to cope,

the easier it will be to break that cycle.

Use the workbook to track your food and mood. Then look back and figure out when you are most likely to stress-eat.

Keep using the workbook and tracking your food and mood so you can find patterns.

THE FIRST
STEP TO STOP
STRESS EATING
IS TO BECOME
AWARE OF
WHEN & WHY
IT HAPPENS



STEP 2

YOUR WORDS

What are you telling yourself about yourself?

Would you say those same things about a friend?

Even if you don't speak about yourself out loud, your mind hears what you say about you.

Today, find three things you genuinely like about

yourself. Write them down and stick them on your mirror. Everyday, pick one and read it out loud.

Your thoughts become your words, and your words become your actions.

THE BEST WAY
TO CHANGE
YOUR
THOUGHTS IS
TO CHANGE
YOUR SPOKEN
WORDS



STEP 3

YOUR ACTIONS

You didn't choose to have diabetes, and you can't completely control your blood sugar or your weight right this minute.

But, when it comes to your health, you do control a couple of very powerful things.

You control what you eat and how much activity you get today.

If you eat in a way that is consistent with your goals, that's a win. No matter what the scale says.

And if you're active, that's a win. No matter what else happens. You set a goal, and you achieved it.

Focus only on the things you can actually control right now, and let the rest go.

LET'S KEEP IT
SIMPLE AND
EASY... THE
WORST THING IS
NOT TO FAIL, IT'S
TO FAIL TO TRY



STEP 4

YOUR RESULTS

It's time to focus on only two things: your eating plan and your activity level.

You don't have to get held up by the number on the bathroom scale or anything else that's outside of your control.

When you're able to congratulate yourself for eating well and moving, you'll be able to get into the place where you like your food and your body, and that's the best result of all.

TO SUCCESSFULLY
MANAGE YOUR
HEALTH WITH
DIABETES, YOU
NEED A TEAM OF
PEOPLE WHO
SUPPORT YOU



STEP 5

TROUBLESHOOTING

Sometimes we reach out for help and we don't get quite what we need.

Don't be discouraged if what you're doing right now isn't working. The first step is to look at a few key areas to see what we can change to get results.

Remember that changing your health habits is a process.

Whatever you do, don't give up. You are the best person to make taking care of you a priority.

YOU MIGHT BE
ONE
CONVERSATION
AWAY FROM
AMAZING
RESULTS



WHATS NEXT?

FIND THE SWEET SPOT

Get ready to simplify the ENTIRE process of how you manage diabetes and position yourself for success. Transform the way you think, the way you eat, the way you move, and the way you feel.

I took everything I learned from working with hundreds of clients and created a simple plan that anyone can implement to get out of the cycle of diet, fail, repeat, and get on the path to better blood sugars and better health.

WELCOME TO THE SWEET SPOT, THE ON-DEMAND MINI COURSE FOR BUSY WOMEN WITH DIABETES AND PREDIABETES WHO WANT TO DITCH THE DIET AND START ENJOYING FOOD AND LIFE

Use the coupon code **Twenty20** to access **The Sweet Spot** for just **\$27...CLICK to LEARN MORE**

FOOD & MOOD

USE THIS JOURNAL TO RECORD WHAT YOU EAT & HOW YOU FEEL. LOOK FOR PATTERNS.

DAY/TIME (1-5) FOOD & MOOD (1-5)

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DAY/TIME (1-5) FOOD & MOOD (1-5)

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DAY/TIME (1-5) FOOD & MOOD (1-5)

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DAY/TIME (1-5) FOOD & MOOD (1-5)

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Use the 1-5 scale to decide your hunger level. 1=very hungry, 2=neutral, 5=stuffed