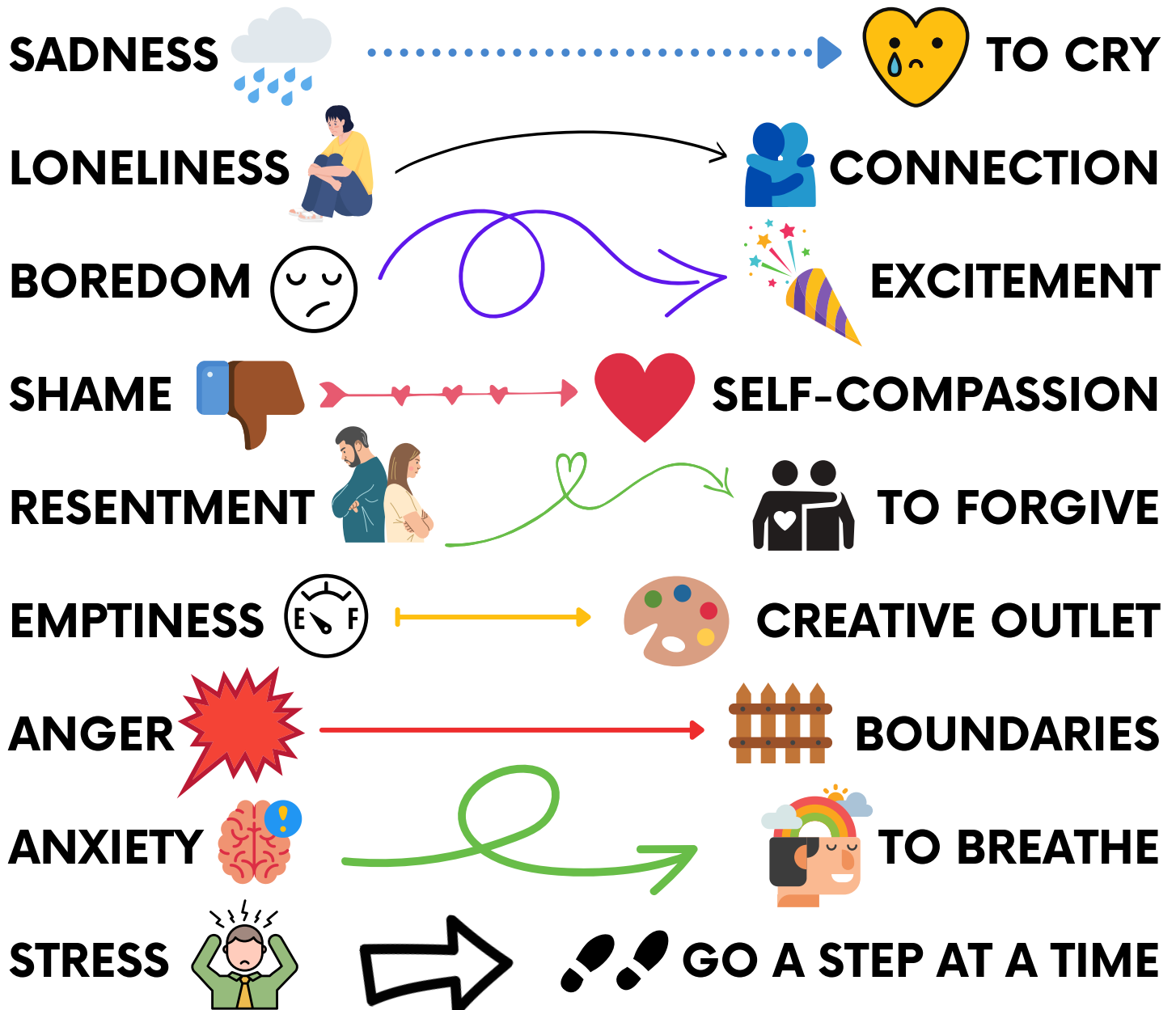


If FEELINGS Could Talk



My feelings might be telling me I need...



STRESS EATING & DRINKING

Many people use food and alcohol for comfort and to manage hard emotions. As you learn to better identify how you're feeling, you can build a toolbox of strategies to help you cope. Difficult feelings aren't bad and they can be helpful at communicating an unmet need if you're willing to listen. Be patient and kind to yourself.

Jennifer Broxterman, MSc, RD

