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# Your Daily Practice

## Episode 23

Overcome Overeating Using Behavioral Neuroscience with Dr. Judson Brewer

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Food is essential to our well-being as humans. How do you develop eating habits that best fit your unique self needs? How do you break cycles of overeating or restricting foods? Learning to eat with more awareness is the key. In today's daily practice, we practice tools to bring your awareness to your eating patterns.

### Steps to Bring Awareness to Your Eating Patterns

1. Bring awareness to your hunger and fullness cues. What does physical hunger feel like for you? What about physical fullness? How do these differ from emotional hunger and emotional fullness?
2. Learn your eating habits using Dr. Jud's habit mapper. Use this map to help you discover your eating triggers, your next behaviors, and the consequences of eating habits.
3. Practice mindful eating at least one meal per day this week.
  - a. Pay attention to how hungry you are before you start eating.
  - b. When eating becomes less pleasurable. Then, stop eating when you feel a moderate fullness and feel satisfaction.
4. Write about your eating values. What is important to you in your relationship with food? What do you care about in changing your eating habits? How will changing your eating habits impact other important aspects of your life (relationships, work, parenting)?