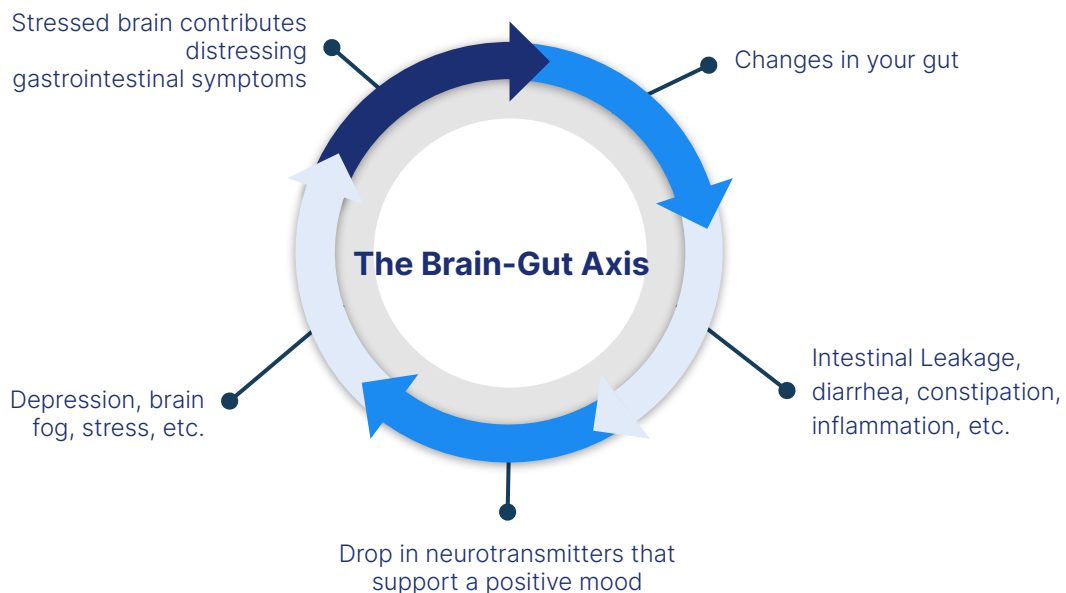


Gut Feelings: Building a Healthy Relationship with Food

Key Takeaways

1

Gut-Brain Axis: A complex two-way system involving hormones, the immune system, and the nervous system



2

4 Main Reasons We Eat More

Food is right in front of you (The Proximity Effect)

You have a wide selection of food available to you (The Buffet Effect)

There is an emotional stimulus: Happiness (birthday, celebrating the family), sadness (funeral), boredom, etc.

Those foods are delicious

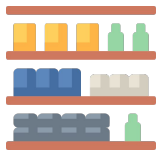


Gut Feelings: Building a Healthy Relationship with Food

Key Takeaways

3

Tips to Build a Healthy Relationship with Food



Place foods you want to avoid in the top shelf



Limit yourself to a few foods!



Learn to differentiate between physical and emotional hunger



Practise mindful eating



Don't label food & don't use "cheat days"

Need a bit more help?

Discuss with your coach on more personalised strategies for a healthier relationship with food!



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