

# Hungry? or Low on Energy?

By Theresa Laurenz, MS, RD, LDN

Date/Time	Location	Hunger (1-10)	Energy (1-10)	Emotion	Action to address Emotion
10/9 @8p.m.	Couch	6	2	Bored/Lonely	Text a friend in order to make plans for Saturday.

## Hunger Scale

1 2 3 4 5 6 7 8 9 10

1. Ravenous. Feel weak, light-headed. Your stomach acids are churning
2. Over-hungry. You feel irritable and unable to concentrate. You may even feel nauseous.
3. Hunger pangs. Uncomfortably hungry. Your stomach is rumbling. The urge to eat is strong.
4. Hunger awakens. Slightly uncomfortable. You're just beginning to feel signs of hunger. You start to think about food. Your body is giving you the signal that you might want to eat.
5. Neutral / Comfortable. You're more or less satisfied, but could eat a little more. Your body has enough fuel to keep it going and is physically and psychologically just starting to feel satisfied.
6. Just satisfied. Perfectly comfortable. You feel satisfied.
7. Completely satisfied. A little bit uncomfortable. You're past the point of satisfaction, yet you can still "find room" for a little more. Your body says "no" and your mind says "yes" to a few more bites.
8. Full / Uncomfortable. You feel bloated. You may need to loosen your clothes. Maybe you shouldn't have had more, but it tasted so good.
9. Stuffed. Very uncomfortably full. Maybe you didn't eat all day to leave room for this meal and you feel heavy, tired, and bloated.
10. Sick. You are so full you feel nauseous. This might be a typical Thanksgiving Dinner feeling – you are physically miserable, don't want to or can't move, and feel like you never want to look at food again.

## Energizing Activities

- Drink Sparkling Water/Unsweetened Tea
- Play an Instrument
- Paint/Draw a picture
- Stretch calves/hamstrings/hips
- Call/Text Family/Friend
- Listen to a song/book/news podcast on tape
- Meditate
- Go For a Walk

# Listening to Internal Cues

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## Beginning hunger # \_\_\_\_.

Action to remind myself to ask: **Am I hungry?**

- Example:
  - Drink cup of water before eating
  - Put napkin on lap
  - Sit at a table

## Middle hunger # \_\_\_\_.

Action to remind myself to ask: **Am I still hungry?**

- Examples:
  - Put food down between bites
  - Finish chew/swallow before picking up food/fork
  - Finish water/drink and get up to refill it

## End hunger # \_\_\_\_ & Transition

Action to remind myself to ask: **What am I excited for now?**

- Examples:
  - Put music on & then put food away
  - Put napkin over plate & push it away
  - Choose from Energy Activity List
  - Say an appreciation statement "That food was delicious!"

What else can I do to set myself up for success?

- Examples:
  - Keep snack foods out of site
  - Put foods that want to choose more often in plain view
  - Do not allow food on the couch & only eat at table

