

YOUR HEADSPACE

Re-establish balance & joy in your life

@emiliathompsonphd



HI

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Food and body preoccupation is one red flag for disordered eating.

We get preoccupied by food and it takes away from our life, but on the flip side, sometimes we use food because we feel we don't have enough joy in our life. It can become a bit of a viscous cycle.

Without joy elsewhere, when you overeat, your body can interpret this as pleasure, because it's removing you from the pain of that moment.

This activity scheduling is designed to minimise the importance you place on weight and shape and increase the importance you place on other parts of life.

We use this task with clients at the ETPHD method. I hope you'll find it useful. If you use them, I'd love to know how you get on. And if you're a coach, please make sure to credit me before using them with your clients!

See you soon,

Em xxx



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- 1. Think about what percentage of your time and energy, in a typical day, you spend on eating, weight and your body**
- 2. On a piece of paper, write that number down**
- 3. Using a diagram like the one below, shade out the percentage that you wrote down**
- 4. Create a list of other important areas of your life**
- 5. Fill them into the remaining area in the shape below– can you fit the other areas of your life in to 100%**
- 6. Consider what you would like your circle to look like**
- 7. Draw your ideal headspace circle including the relative amounts of space you would like each to fill**
- 8. Write down 3 tangible goals that would move you from where you are now, to where you want to be. What steps can you take now to get you there?**

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Areas of life you might want to consider:

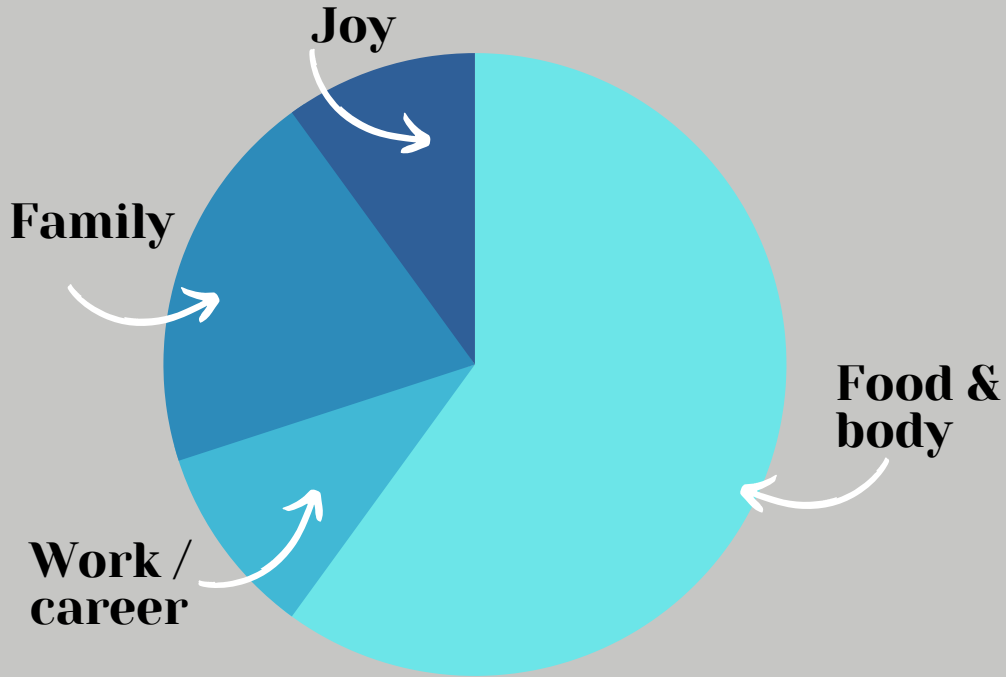
- **Joy**
- **Rest**
- **Work**
- **Personal development**
- **Family**
- **Romantic relationships**
- **Friendships**
- **Family**
- **Spirituality**
- **Religion**
- **Performance**

Consider, what's important to you?

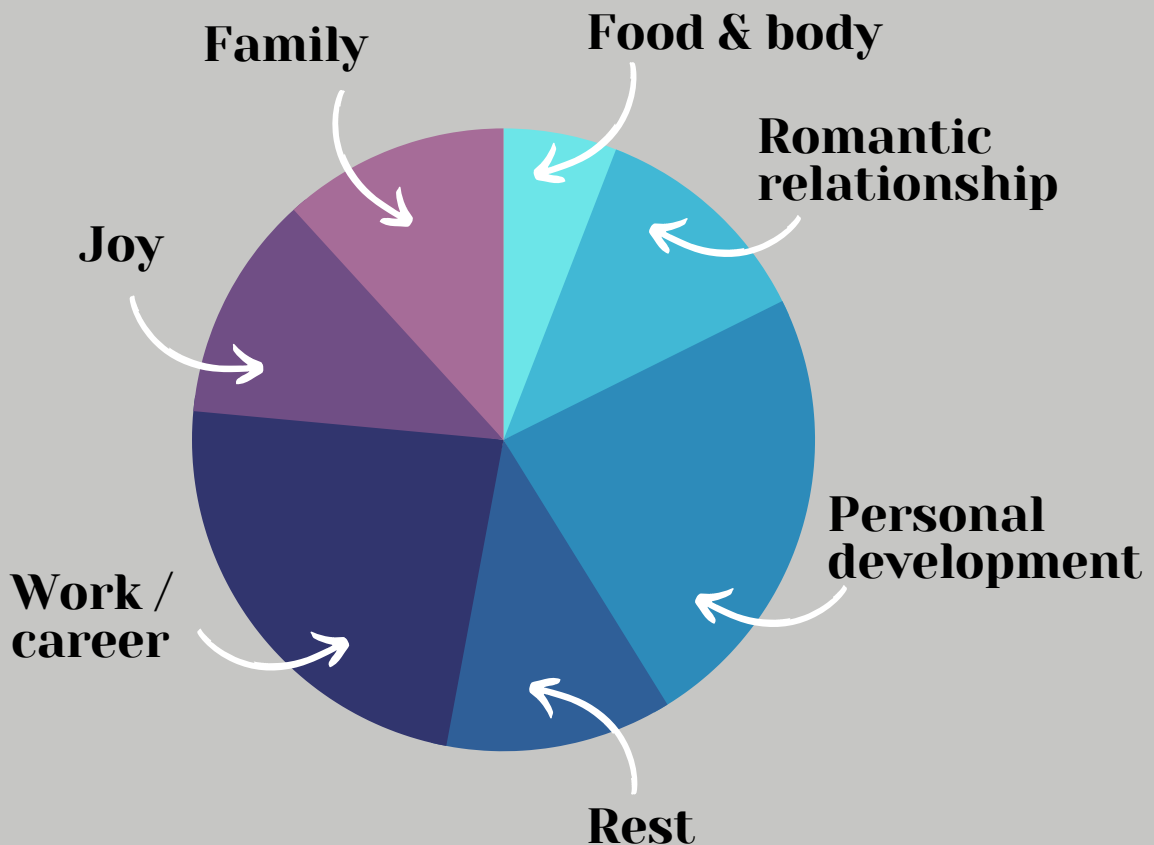
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It might look something like this:



You might have a goal that it looks more like this:



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Write down 3 tangible goals that would move you from where you are now, to where you want to be.

What steps can you take now to get you there?

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