

Mental Health Break



Body Image Series

[Why am I struggling with overeating?](#)

Accompanying resource:

Wise Mind & Eating



Wise Mind & Eating

According to Dialectical Behavioral Therapy (DBT), reason and emotion influence our decisions and actions. To honor both how we think and feel, it's helpful to find a balance between these two components. DBT refers to this as "Wise Mind."

Reflect on how *both* impulse and emotion *as well as* reason and experience impact your relationship with food.

First, list a couple of examples of how emotion or impulse affects what or how you eat.
Hint: You may use food to try to feel certain emotions or *not* feel other emotions, or both.

Next, reflect on how your thoughts and experience impact your relationship with food. Common examples include selecting foods based on nutritional knowledge, health goals, dietary advice, and beliefs about how you *should* eat.

Now, reflect on how you can combine the best aspects of *both* emotion and impulse on the one hand *and* reason and experience on the other to guide your eating. For example, you could do this by indulging in a "party food" to celebrate a special occasion, but then returning to mostly healthy foods in your normal routine. List one way you can take a Wise Mind approach to eating.