**Group Exercise** Emotions and Eating

Based on the book "Emotions on the Plate: How to Rebuild a Healthy Relationship with Food" by E. Lange

* Read the diary entry from Ania's day: 6:20 AM: Wakes up and feels stressed about the day ahead. ("Oh no, today is going to be tough, I can't handle it.") 7:30 AM: Leaves for school, feeling frustrated. (She went to bed feeling helpless the night before because she didn't finish her presentation for today's lesson.) 7:45 AM: Gets on the bus to school, stuck in heavy traffic - feels annoyed. 8:15 AM: Arrives late for class, feeling guilty. 12:30 PM: Time for lunch - Ania soothes her stress with a candy bar and a can of soda. 2:00 PM: Time for the lesson where presentations will be discussed. Ania didn't finish hers on time, feels nervous and threatened. 4:00 PM: Heading home, Ania feels drained after the day, feeling tired, sad, and angry simultaneously. ("Everyone had their presentations ready, I'm hopeless...") 4:30 PM: Ania is home, collapses on her bed. Feels relief but also strong hunger. ("I forgot to eat breakfast at school today.") 5:00 PM: Trip to the store, impulse purchases - eats a hot dog on the way back. 5:30 PM: Turns on the TV, watches her favorite show without thinking about how she feels. During the show, she eats a bag of chips and half a chocolate bar. 6:00 PM: Turns off the TV, time to do homework. Feels disappointed with the entire day and starting to feel a full stomach. Feels sad and disappointed in herself.
* Answer the questions and discuss with the group:
  + What emotions arise during Ania's day?
  + How does Ania cope with her emotions?
  + What needs might be behind the emotions she experiences?
  + How can we support Ania to manage her emotions differently instead of turning to food? Propose some mood-improving strategies that help you and are not related to eating.