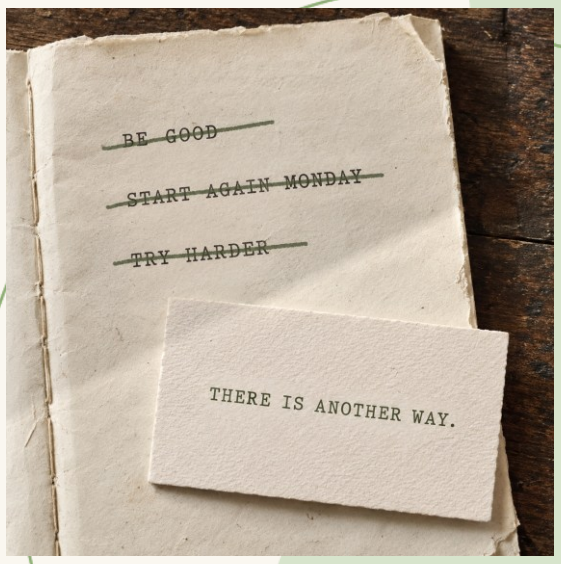
Lancashire Wellbeing

LANCASHIRE WELLBEING / FOOD RESET

Making sense of eating patterns

Five clues to help you understand what keeps a familiar pattern going.



When the same pattern keeps returning, there may be more to understand than willpower.

A familiar eating pattern can tell you something about hunger, comfort, habit or the pressure you are under. These five clues help you look at what may be keeping it going.

A short read

Five useful clues

One small experiment

Free starter guide
Around ten minutes to read

What might your pattern be responding to

When eating feels automatic, emotional or difficult to change, it is easy to blame yourself. Looking at the context can give you more useful information.

01

Your body may need more support

Long gaps between meals, not eating enough earlier, tiredness and disrupted routines can make food feel more urgent later. Before asking why you want to eat, consider what your day has asked of your body.

Think about: What had I eaten and how tired was I beforehand?

02

Food may be doing a job for you

Comfort, reward, relief, company and a way to switch off are understandable roles for food. Recognising that role can help you see what else you might need alongside it.

Think about: What did I hope that moment with food would give me?

03

The response may be automatic

Arriving home, sitting down after everyone else is sorted or turning on the television can become linked with eating. Repetition can make a response feel almost invisible.

Think about: What time, place or activity usually comes just before it?

Look at the wider picture around food

04

Your surroundings may reinforce it

What is visible, convenient and expected matters. Rushed days, where you eat and the routines of people around you can all influence a familiar response.

Think about: What around me makes this response feel familiar or convenient?

05

Food rules may add more pressure

“I have blown it” or “I will start again Monday” can turn one moment into a longer cycle. Notice whether your inner voice is helping you understand what happened or simply making you feel worse.

Think about: What am I telling myself after I eat?

An ordinary moment can tell you a lot

“I eat while clearing up after a busy day. I am tired and this is my first chance to stop. I could sit down with my food and give myself a proper break.”

Noticing the need for a break gives you something practical to explore. The next page gives you space to look at a moment from your own life.

More than one clue may fit. You are gathering information about a pattern, rather than giving yourself a score.

Your own starting point

Choose one recent eating moment that you would like to understand. There is no need to count calories, weigh anything or label the food as good or bad.

01 What was happening at the time?

02 Which clue feels most relevant, and why?

03 One small thing I could try or ask for is

Try your small step once, then notice what you learn. It does not have to become a new rule.

Write here, use a notebook or simply think it through.
A small experiment can help you learn what supports you.

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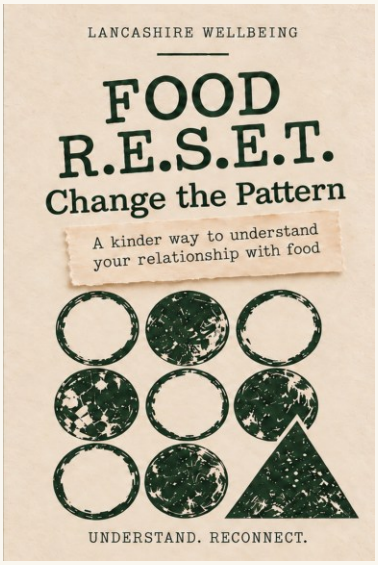
For general wellbeing education and reflection. If eating causes significant distress, involves severe restriction or compensating behaviours, or affects your health, seek support from your GP or an appropriately qualified specialist.

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A LITTLE MORE TO EXPLORE

If you would like to explore further

You may have noticed something new about a familiar eating moment. Give your small experiment time, and stay curious about what you learn.



Food R.E.S.E.T. Guide — Change the Pattern builds on these clues, with everyday examples and opportunities to reflect on habits, emotions, food rules and your relationship with food. Read it through or dip into the sections that feel relevant to you.

If you would welcome conversation and support alongside your reflections, you can also ask us about online group coaching.

Find out more at lancashirewellbeing.com