Be Flexible with Food
Food may not be as enjoyable as in the past and you may not have as good an appetite. Or, you could be more hungry than normal. Remember—this is all normal! And, normal eating includes under-eating some days and overeating others. Be kind to yourself, and try to listen to your body for guidance versus pushing it to adhere to some expectation you have with food.

This is Not a Time to Diet
There is a lot of talk on social media about the 'Quarantine Fifteen' and on the flip side, quarantine diets. While the diet industry would love for you to slip into restrictive eating, obsessive weight rumination, and more, this is NOT the time to diet! (Nor is any other time, by the way, since diets do not work.) We may turn to diets as a way of control in this uncertain time. To assess this for yourself, ask how much of your day you spend thinking about body image, food, and/or exercise. Is it more than 15%? If so...read on.

Use Coping Strategies
One Intuitive Eating (R) principle is Coping with Emotions without Food. This can be difficult during a time of high stress when we turn to food for pleasure or to weight loss as a goal. Instead, try to notice your feelings, name them, and cope with them through alternate methods. These could include: reading, connecting virtually with friends, talking to a therapist through telehealth, exercise, cooking, watching TV, journaling, and more.

“Food is our common ground; a universal experience.” - James Beard