

CRAVINGS & STRESS

Your seven-day experiment

When you keep finding yourself looking for something to eat, it's easy to decide you need more willpower. But that doesn't tell you much about why it keeps happening.

Spending a week noticing how you slept, what you ate, and how you felt before those moments can help you understand what you've been trying to push through. That gives you something more useful to work with than another promise to resist the snack tomorrow.

Morning | after waking

Note roughly how long you slept, whether you woke during the night, and how rested you feel. Add what you had for breakfast, water or coffee, and your mood or energy.

Afternoon | around 3 p.m.

Note lunch and when you ate, water and coffee so far, and how you feel: hungry, foggy, tired, distracted or wound up. If you want food, describe it: sweet, salty, crunchy, or a meal.

Evening | around 8 p.m.

Note dinner and its timing, what you want to eat, and whether you feel hungry, tired, wired, or ready for some comfort. More than one can be true.

Before bed | what helped

What did you try, and how did you feel afterward? A snack, water, a walk, quiet time, or going to bed? Note one small thing you might try tomorrow.

A few ideas to work with

Make room for protein with breakfast and lunch, keep water within reach, and have a satisfying afternoon snack when dinner is hours away. In the evening, enjoy a warm caffeine-free drink if you like one. If you are hungry, eat; if you are tired, consider whether you are ready for bed.

At the end of the week

Were cravings stronger after poor sleep? Did a more satisfying lunch, water, or a break make the afternoon easier? Did some evening kitchen visits happen when you needed sleep? Look for something that repeated, then choose one manageable change to carry into the holidays.

This is personal reflection, not a way to diagnose hormone or blood sugar changes. Discuss frequent shakiness, dizziness, or severe crashes with your clinician. If food tracking is distressing or you have a history of disordered eating, use this only with appropriate professional support.

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Your seven-days of notes

A few words are enough. No craving? Note that too. Day ____ of 7

Every day, use the four check-ins below to make a few notes. You don't need to change everything at once or count calories. We're looking for patterns you can learn from before November and December get busier.

 **Morning**

Sleep / waking / how rested I feel / Breakfast / water / coffee / mood

 **Around 2 - 3 pm**

Lunch and timing / water and coffee / Energy / hunger / what I want to eat

 **Around 8 pm**

Dinner and timing / what I want to eat / Hungry / tired / wired / wanting comfort

 **Wind down / Before bed**

What I tried and whether it helped / One small thing I might try tomorrow

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What did you notice?

After seven days, look back for anything that happened more than once. Maybe the afternoon felt easier when you ate a more satisfying lunch, longer when you didn't rest well the night before, or you noticed that your evening kitchen visits often came after you'd started yawning. There may be days that don't fit a pattern, too. You're getting to know your own experience, and a week of notes is a place to begin.

Choose one thing you'd like to carry into November and December. Something manageable that helped during an ordinary week may be worth making room for when meals, schedules, and bedtime become less predictable.

I'd like to hear what you found

You're welcome to text me about what you noticed, especially if you're wondering where to go from here. You don't have to send your whole tracker.

Tell me what kept showing up or what seemed to help, and we can talk it through. [TEXT NELEA: 936-209-7222](text:NELEA:936-209-7222)

Go back to the conversation

The blog explains more about the connections between sleep, stress, appetite, and midlife changes, along with the daily support I use. You may find that a section means something different after spending a week noticing your own days.



READ: [WHY 3 P.M. AND 9 P.M. CRAVINGS HIT HARDER AFTER 40](#)

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