

Hey Friend,

There's a question I've found myself thinking about lately. "Why do I turn to food even when I don't want to?" I feel like a lot of my adult life I spent in this cycle of "start a diet, cheat, shame, repeat. It wasn't because I didn't know what to do or didn't care, but because sometimes food felt like the easiest place to go. It was a familiar friend, if you will.

I think if we're honest, many of us have been there. We have the knowledge, the tools, the desire to take care of ourselves well and yet there are still moments where we find ourselves reaching for something that doesn't actually give us what we're looking for.

Lately, I'm starting to realize it's usually not about the food. It's about what's underneath it. The stress, emotions, the thoughts we're sitting in, or the things we're trying to quiet or escape. While food might bring a moment of comfort, it doesn't actually solve the deeper need. So, this month, instead of focusing on doing better or trying harder, I want to invite you into something different, awareness.

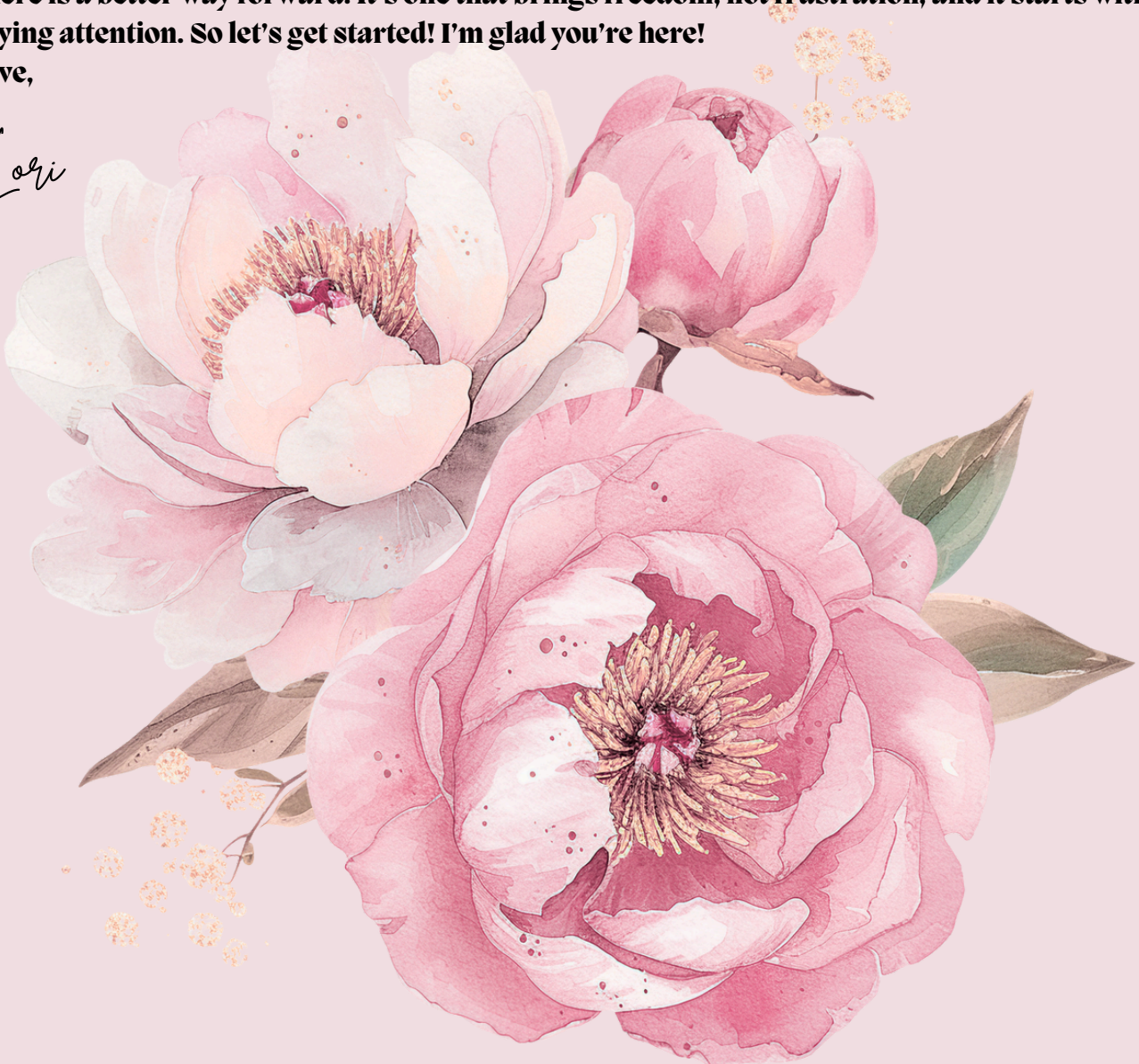
When we begin to understand why we're turning to something, we can start to respond in a way that actually supports us.

You're not the only one who has felt this tension and you're not stuck in it either.

There is a better way forward. It's one that brings freedom, not frustration, and it starts with paying attention. So let's get started! I'm glad you're here!

Love,

Lori



Wellness for Real Life

When food isn't really about food

This month, we're taking an honest look at something many of us experience, but don't always stop to understand.

Why do we turn to food even when we don't really want to? I

Instead of focusing on doing better or trying harder, this page is an invitation to become more aware of what's happening beneath the surface, so we can begin to respond in a way that truly supports our well-being.

C — Catch the Moment

Before anything changes,
we have to slow down long enough
to notice what's actually happening.

The next time you feel the urge to reach for food, stop and ask yourself:

- When is this happening most often?
- What just happened before this moment?
- What am I feeling right now?

Maybe grab your journal,
talk it through on a voice note to yourself,
or discuss it with a close friend.

We have to begin to notice
what's happening and though that
we can start seeing
patterns in our behavior.



A — Ask What's Underneath

Most of the time, food isn't the real need.
It's just the quickest way to cope in the moment.

Ask yourself:

- What do I actually need right now?
- What does food feel like it's giving me?
- Is there a thought I'm believing in this moment?

Sometimes the shift begins simply by being honest
about what's underneath.



continued



R — Respond with Intention

You don't have to get it perfect.

You just have to interrupt the pattern.

The next time the moment comes, try:

- **Pausing before reacting (a few seconds can help)**
- **Speaking one affirmation to yourself (have some handy, either on an index card or a screenshot on your phone)**
- **Choosing one small action that supports how you want to feel (drink water, go for a short walk, etc.)**
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**It doesn't have to be big.
Just different.**



E — Encourage Yourself with Truth

This is the step I've left undone for years and this is where things begin to change long-term.

Instead of falling into shame or frustration, speak truth over yourself. Memorized them if you can!

"No temptation has overtaken you except what is common to mankind. And God is faithful... He will also provide a way out so that you can endure it." 1 Corinthians 10:13

**"There is now no condemnation for those who are in Christ Jesus."
Romans 8:1**

"For God has not given us a spirit of fear, but of power, love, and self-discipline." 2 Timothy 1:7

REMEMBER: C.A.R.E.
CATCH • ASK • RESPOND • ENCOURAGE

The Well by Krista



Meet Krista! She's a wife, mom, and is on a holistic wellness journey. Each month she will share a personal reflection or story about how God reveals Himself in daily life. If you would like to connect with Krista, you can find her on Instagram @krista.livinglife

Flip The Script!

It's an inevitable part of life...we will face adversity! That's how God planned it – putting us in certain situations that challenge us and test our faith. Sometimes though, the burdens can feel too heavy – the cracks in the foundation become a little too big, and the enemy slips into our thoughts and our hearts. What is important during these times, is to keep our eyes on Him and listen to and believe His truth. To flip the script when necessary.

This past month had me in the face of several challenges...

At work, I made a mistake, a BIG mistake! It weighed on me for about two weeks. Several departments were impacted and it seemed to be the buzz topic that everyone was talking about. My nature is to ruminate...to let myself fall down a rabbit hole of negative self talk and just dwell on worst case scenarios. "I'm a failure, my work is not valued, will I get fired?" Is that what God would say? Absolutely not! Condemnation is the enemy's language. So, in this situation, I prayed and surrendered it to Him and I had to flip the script.

With regards to my health and wellness journey, I had a long awaited breakthrough with the scale. I broke the 10+ month plateau, in the wrong direction! Disappointed, frustrated, and embarrassed, cue the negative self-talk again. I've ruined all of my progress. Why do I continue to believe that I can succeed and lose weight? My worth is dictated by the number on the scale. Do THESE sound like words from God? No way! Once again the enemy waits for these moments of shame and vulnerability and preys on us. More prayer, more surrender and once again I had to flip the script.

No family is drama free and to add to an already stressful month, there was some drama in this area too. I reacted to a situation with a lot of emotion and anger, and definitely said some things that I am not proud of. Although I was the one feeling hurt and betrayed, I still turned on myself. Criticizing my anger, my choice of words, how I allowed it to flow over and affect other people afterwards. After the previous two weeks, the enemy was waiting in the wings and he pulled a chair up to my table once again and sat down and took full advantage of the situation. Once again, through prayer and conversation with a friend, I had to surrender and flip the script.

In these moments that challenge us, we need to pause and ask ourselves "Would God say something like that to me?", and when we dig deep enough the answer will always be no. When we have a negative thought about ourself or our situation, instead we can turn it into a statement that God would say to us in the same situation. We can say a prayer of gratitude for what is, rather than complain about what isn't. Sometimes that won't feel easy, but He never promised us that life would be easy. He did however promise us that He would walk with us through all of it and remind us daily of His truth. So we just have to remember when we can, to flip the script.

my top picks

A space to gather resources, encouragement, and practices that help you live whole.

on my

nightstand

31 Days of Hope for Overcoming Eating Disorders

by Kasie Padilla

I recently went through a shortened version of this devotional on the YouVersion app, and it was incredibly impactful. It speaks to the deeper struggles behind our relationship with food, bringing truth, encouragement, and a reminder that we are not alone in this. If you've ever felt stuck in cycles with food or your thoughts, this is a beautiful place to start.

press

"Compared to Who?" with Heather Creekmore

This podcast blends faith, body image, and real-life struggles in a way that feels honest and encouraging. It's a great reminder to shift our focus off comparison and back onto truth.

play

habit

Pause Before You Respond

**This month, let's focus on something simple but powerful:
pausing before reacting**

Whether it's reaching for food, sitting in a negative thought, or responding out of emotion, that small pause creates a space for us to choose something different. It doesn't have to be perfect, just intentional.

healthy



a few of our favorite things

Well-loved finds from the Living & Losing community



kitchen

from Gigi's

click recipe for link to download & print



Ingredients:

- 3 tomatoes
- 3 cucumbers
- 1 onion
- ½ cup apple cider vinegar
- 1 teaspoon cracked pepper
- 2 tablespoons of sweetener of your choice
- 2 teaspoons salt
- 1 cup of water
- ¼ cup olive oil

Directions:

Peel and slice cucumbers, tomatoes, & onion
mix all ingredients in a large bowl
let chill for 1-2 hours before serving

So easy and delicious!
Perfect for summer!



Vicki

pick

Paula's



LaBanderita Carb Counter Street Taco Tortillas

3 tortillas for 1 point

perfect for Taco Tuesdays!

Paula

To connect with Paula follow her on TikTok @misplacedtexas71



Lara Edited



Lara

To connect with Lara follow her on Instagram @lara_edited

The sun can be hard on your skin. Banana Boat Moisturizing After Sun Lotion helps to moisturize and replenish dry skin leaving you feeling smooth and soft. This after sun care lotion is free from oxybenzone and formulated with aloe and vitamin E to preserve your skin and extend your tan. It provides the relief your skin needs to protect against the drying effects of the sun, wind, and water.

click picture for link to order



product recommendation

A simple next step



You don't have to figure everything out all at once. This month isn't about doing everything perfectly. It's about becoming more aware and taking one small step forward.

As you move through your days, come back to this simple rhythm:



Catch the moment



Ask what's underneath



Respond with intention



Encourage yourself with truth



Memorize a truth to hold onto

**"The thief comes only to steal and kill and destroy;
I have come that they may have life, and have it to the
full."**

John 10:10

When you feel stuck in a cycle, when your thoughts feel heavy, or when you're tempted to go back to what's familiar, remember:

you were created for more than just getting through the day
more than repeating the same patterns
more than striving and falling short

You were created for a life of freedom, purpose, and fullness in Him.