



TRUCKER SERVICE ASSOCIATION

 LIVE HEALTHY
DRIVER HEALTH 

"THE SECRET MEANING OF CRAVINGS PT.1"

April 2022

KUHFLEFIT
RENEW YOUR VITALITY



CRAVINGS



Cravings are experienced by everyone at some point or another. They can be for both nourishing foods when we are deficient in something and for less healthy options when stress and emotions take over. Do you notice how you tend to crave sweeter and juicier foods come summertime when the temperatures are warmer and the sun is out? Think watermelon, cucumbers or cantaloupe. You may have noticed your craving for meat and savory dishes increases during winter when temperatures are much colder. Perhaps, you may even crave food when you're not actually hungry-ironic to think about isn't it? In general, people tend to beat themselves up and shame themselves for having, and indulging in cravings. This is especially true in those unhealthy options like cakes, cookies, and sweet treats that we know are producing ill-health. The question is, how do I stop these unhealthy cravings from happening? And when they do happen, how can I pause and re-evaluate rather than just give in?

Below we are going to dive into a few ways to start breaking said cravings once and for all. It will take time, patience, effort, and a willingness to look at these cravings through a different lens which you will soon understand.

STEP #1: BECOME AWARE OF YOUR CRAVINGS!

Notice your cravings, that's it!

Notice that you have a craving and acknowledge it. Acknowledge it verbally and speak it out loud, "I'm craving _____" (fill in the blank). See if this changes how you feel about said craving. Does it take the craving's power away? Even slightly?

Now let's become childlike and get curious about what you may be craving.

Where is this craving stemming from?

What information is this craving sharing with me?

Let's acknowledge, notice, and articulate that this craving exists. Let's make friends with it rather than try to push it away or run from it.



"YOU ARE
MY LATE
NIGHT
CRAVING"

STEP #2: AM I REALLY CRAVING THIS?

Many times we are craving something, but more often than not, we are not craving what we think we are. Our brain likes to play silly tricks on us.

Am I craving said food or am I craving an experience that follows?

What is the experience you're seeking to get from the food? Think deeply here.

Perhaps...

Am I craving the need to beat myself up, yet again, from making another "slip up" on my diet?

Does a part of you feel more comfortable with the sense of shame and fear that you choose to "slip up" to get that same experience again? (aka self-sabotage). It may not seem logical, but it may be accurate. Allowing yourself to get curious can help you identify if this behavior is true for you.



"I CRAVE A
LOVE SO
DEEP THE
OCEANS
WOULD BE
JEALOUS"

STEP #3: WRITE IT DOWN!

When said craving peeks its head out, acknowledge it and then **write it down**.

Writing down our cravings gives us a chance to slow down. It allows the feeling, sensation, or emotion a chance to move through us and onto the paper. When you write out your craving(s) in the present time, ask yourself two questions:

- "I'm currently craving _____"
- The benefit of my current craving is?
- The challenge of my current craving is?

Be open and honest with yourself and allow whatever comes to the surface to flow out onto the paper - you may be surprised what comes up for you!



"GOOD FOOD
IS THE
FOUNDATION
OF GENUINE
HAPPINESS"

The background of the entire page is a faded image of a white Volvo truck parked on a road. In the lower-left foreground, a man with short brown hair, wearing a grey suit jacket over a light blue shirt, stands with his arms crossed and a smile. The text is overlaid on the top half of the image.

TRUCKER **SERVICE** **ASSOCIATION**

 — **LIVE HEALTHY
DRIVER HEALTH** — 

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