



Rachel Naar  
Nutrition

# Rachel's Tips for IDENTIFYING TRIGGERS

There are two types of people in this world. Those who blow through a red stoplight, and those who pause at the yellow. I like to liken this traffic light to warning signs as listed below:



**Green:** All good here. No disordered thinking or behavior

**Yellow:** Disordered thoughts and feelings start to flood in but are not acted on  
(i.e. dress feels tight, thoughts of restriction)

**Red:** Act on behaviors because thoughts and feelings become too much  
(i.e. avoid dinner because thoughts become too much)

## You don't just go from green to red.

It's important to identify the warning signs that move you into the yellow and then red zone. They're unique to each person, so being able to identify your own is useful to have a better understanding of recurrent patterns, so you can help yourself in the moment.

By no means is this a cumulative list of warning signs, but it's meant to help you think about different situations. Circle the ones you identify with, and write in your own as well:

Category	Examples	Write in your own!
Time of day	Morning, afternoon, evening, night	
Setting	In public, alone, at home, restaurants, school/work	
Body signals	Stomach growling, bloating, salivation	
Feelings	Anxious, depressed, lonely, ashamed	
(Social) Media	Weight loss posts, numbers, comparison	
Food	Eating a meal, counting calories, feared food, comparing with others, diet talk	
Body Image	Weighing yourself, looking in the mirror, body checking	
People	Talking to/being around certain people	
Others		

Feel free to share these with family/friends if you feel comfortable, so they can be more aware and help identify when you might need more help. Remember that identifying your warning signs is just one step, and it would be helpful to talk through these with a provider to learn how to cope without turning to behaviors.

## Meet Rachel

Rachel Naar, MS RD CDN, is a Registered Dietitian Nutritionist and the founder of her private practice, Rachel Naar Nutrition (developed in 2018) where she helps clients redefine their relationship between food and mood. Food is social, cultural, emotional, spiritual, and creative. Her approach is to debunk and demystify food, draw connections to overall well-being, and make life palatable.

## Services

Rachel takes an individualized approach working 1:1, with families, and couples incorporating background and lifestyle to establish goals to achieve mental and physical well-being.

Overall well-being

Food and Mental Health

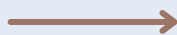
Eating disorders/disordered eating

Meal/snack ideas, grocery shopping

GI distress/ Allergies + Sensitivities



Work with  
Rachel



**Curious to learn more about working with Rachel?**

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