

From Food Overwhelm to Quiet Confidence

A gentle path toward a calm & balanced relationship with food and your body.

Where you might be now: Feeling Overwhelmed

You may recognise yourself here:

- Thinking about food far more than you want to
- Feeling guilt or shame after eating
- Swinging between “being good” and feeling out of control
- Feeling disconnected from your body
- Wanting to feel healthy, but exhausted by trying

If this feels familiar, you are not broken. Your body is responding to pressure, stress & years of conflicting messages.

The way I work

Calmness	Awareness	Control	Confidence
<p>First we slow everything down.</p> <p>Before changing behaviour, we help your nervous system feel safe again. When your body moves out of survival mode, food no longer feels like a threat or an escape.</p>	<p>From calmness comes clarity.</p> <p>Instead of judging your habits, we begin understanding them. We explore what your body actually needs & what emotions or patterns influence your eating.</p>	<p>Not strict control, but supportive structure.</p> <p>Together we build simple practices that help you feel stable around food without obsession or restriction.</p>	<p>The goal is freedom.</p> <p>Food becomes something that nourishes you instead of something you fight with. You trust your choices & feel at home in your body again.</p>
<p><u>Focus areas:</u></p> <ul style="list-style-type: none">• regulating the nervous system• reducing food anxiety• creating safety around eating	<p><u>Focus areas:</u></p> <ul style="list-style-type: none">• understanding triggers• reconnecting with body signals• separating emotions from food rules	<p><u>Focus areas:</u></p> <ul style="list-style-type: none">• balanced eating patterns• practical tools for everyday life• building trust with your body	<p><u>Results often include:</u></p> <ul style="list-style-type: none">• calmness around food• stable energy & health• stronger body trust• confidence in daily choices

This work is not about perfection. It is about returning to yourself.

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