

Proverbs 4:23 (NIV)

"Above all else, guard your heart, for everything you do flows from it."



Did you know?

Our main source of "food" is our relationships? The quality of our relationships can significantly impact our eating habits. **It first starts with YOU!** Relationship with yourself. Understanding the importance of self-care in managing emotional eating can lead to healthier habits and a more balanced lifestyle all while aligning with biblical principles.



Romans 12:2 (NIV)

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."



Did you know?

Emotions can affect food preferences which act like opioids in the brain, activating the feel good hormone and releasing endorphins in the brain - creating a feeling of pleasure or happiness.

This is the same when we eat foods that are high in sugar, salt or fat.



Philippians 4:13 (NIV)

"I can do all this through him who gives me strength."

THIS IS AN INSTAGRAM GRID FOR A WELLNESS COACH WHO SUPPORTS WOMEN WITH EMOTIONAL EATING. THE CLIENT LIKES THE LOOK OF A CHECKERBOARD GRID, SO WE CAME UP WITH THREE REGULAR TYPES OF POSTS: ONE AI IMAGE (THAT I CREATE), A SCRIPTURE AND A DID YOU KNOW - WHICH OFFERS USEFUL INFORMATION TO HER AUDIENCE.

THE TEXT IS RELATIVELY SIMPLE, A CALL TO ACTION THAT REFERS HER AUDIENCE TO HER WEBSITE FOR HER JOURNAL FREEBIE (MAILING LIST SIGNUP) AND RELEVANT HASHTAGS.



Beyond Exercise - Addressing Emotional Eating in Corporate Wellness Programs

It's fantastic to see so many companies investing in workplace wellness programs, focusing on fitness, mental health, and overall well-being. However, one critical aspect often goes unrecognized: emotional eating.

Many of us turn to food as a coping mechanism when faced with stress, anxiety, or overwhelm. In the corporate world, tight deadlines, long hours, and high expectations can create a cycle of stress that leads to unhealthy eating habits. After a long, exhausting day, it's all too common for employees to crave comfort foods—those deep-fried, sugary treats that provide a quick fix.

Why do we crave these high-calorie options? When we're stressed, our bodies release cortisol, a hormone that increases appetite and drives us toward foods that offer quick energy and pleasure. While indulging in these comfort foods might provide temporary satisfaction, the aftermath often leaves us feeling sluggish, unfocused, and even more stressed as our bodies struggle to digest and manage blood sugar levels. This can create a vicious cycle where stress leads to unhealthy eating, which in turn exacerbates physical and emotional fatigue, ultimately impacting overall work performance.

Employers frequently overlook the role workplace culture plays in shaping eating behaviors. To truly support employee well-being, it's essential to acknowledge how stress influences eating habits. Investing in holistic wellness solutions that address the root causes of emotional eating can yield significant benefits. Programs that integrate mental health resources, nutrition education, and stress management tools provide a comprehensive approach, empowering employees to develop healthier coping mechanisms.

How does your workplace address the connection between stress and eating habits? Let's start a conversation about how we can create more supportive environments for our teams!

3 John 1:2

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well!"

Emotional Eating & Career Stress: The Silent Connection to Financial Habits

In today's fast-paced career environment, stress is often linked to emotional eating. But have you ever considered how this pattern can also impact our relationship with money?

Emotional eating isn't just about food. It's often a response to stress, pressure, or emotional overload – challenges many of us face in our careers. Whether it's preparing for a big presentation, hitting ambitious financial targets, or navigating workplace dynamics, the emotions we suppress often find an outlet in our eating habits.

Here's where it gets interesting: the same emotions driving our eating habits can influence our financial behaviors. Emotional spending, impulsive decision-making, or simply feeling 'out of control' in one aspect of life can cascade into others – including finances.

The key takeaway? Mindfulness in one area can bring balance to others. By becoming more aware of how we handle stress at work and its effects on our relationship with food, we can also gain insights into how we manage our finances and career growth.

Practical tips:

Pause & Reflect: Before reaching for that snack or making a financial decision, ask yourself, "Is this a response to stress?"

Self-Compassion: Emotional eating or spending doesn't define you. Acknowledge it without judgment and consider healthier coping mechanisms.

Small Changes, Big Impact: Start with one mindful habit—whether it's meal planning, setting career boundaries, or budgeting—and notice how it influences your overall well-being.

Remember: our emotional and financial health are interconnected. By addressing one, we strengthen both.

Proverbs 25:28 (NIV):

"Like a city whose walls are broken through is a person who lacks self-control."

This verse powerfully illustrates how a lack of discipline can create instability, which can be applied to emotional eating or impulsive financial decisions. A lack of self-control in one area often leads to imbalance in others.

Learn more at

Download your FREE Healthy Journey Journal and kickstart your healthy journey today.

#CareerGrowth #EmotionalEating #FinancialWellness #MindfulLiving



THESE ARE 2 LINKEDIN POSTS FOR THE SAME CLIENT - SHE PROVIDES THE TEXT, I PROOFREAD - SOMETIMES CONDENSE IT IF THE TEXT IS TOO LONG. I CREATE THE AI IMAGE AND SCHEDULE POSTS TO HER LI BUSINESS PAGE.



NOVEMBER 6, 2024 • EMOTIONAL EATING

What are Emotions?

2 Corinthians 1:3-4 (NIV): "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble, with the comfort we ourselves receive from God." What are emotions? Emotions are...

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Curb Your Cravings - Part 2



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Curb Your Cravings -Part 1

THIS BLOG IS FOR THE SAME CLIENT, AND WE ARE STILL WORKING OUT A PROCESS. SOMETIMES SHE WILL WRITE THE CONTENT WITH HELP FROM AI, OTHER TIMES, SHE WILL SEND ME SOME DONE-FOR-YOU BLOG POSTS THAT SHE PURCHASED SEVERAL YEARS AGO, AND I'LL REWORK THEM WITH HELP FROM AI. I PROOFREAD, FORMAT AND SCHEDULE ON WORDPRESS.

I SHOULD STATE THAT THIS PARTICULAR CLIENT LOVES ALL THINGS AI, WHICH IS WHY IT'S USED SO MUCH IN HER MARKETING.



Can you keep my secrets safe, or should I get a vault?

Your secrets are safe with me! I take confidentiality seriously and have a strict privacy policy to ensure all your information stays under wraps.

Here is what [REDACTED] said about our partnership:

"[REDACTED] is extremely professional, conscientious and a real pleasure to work with. She tried to add value wherever she could. We would have no hesitation at all in using [REDACTED] again and would highly recommend her."

Hello, I'm [REDACTED]! I'm your friendly virtual assistant specialising in transcription, turning your audio into accurate and polished documents. Let me handle the details while you focus on what you do best! Let's talk about transcription:

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I RECENTLY REVAMPED A CLIENT'S SOCIAL MEDIA (FACEBOOK AND LINKEDIN). WE HADN'T UPDATED IT IN QUITE A WHILE. WE SCRAPPED ALL OF HER PREVIOUS CTAs, AND I USED AI TO HELP CREATE NEW ONES. ALL THE SUGGESTIONS WENT INTO A SPREADSHEET THAT SHE REVIEWED, TWEAKED AND PERSONALIZED AS SHE FELT WAS NECESSARY.

HER IMAGES ARE AI-GENERATED. HER BRAND IS RETRO-OFFICE IN BLACK AND WHITE OR SEPIA AND SHE LOVES THE IMAGES I'VE CREATED FOR HER.

Denise Riches
- VIRTUAL ASSISTANT -
You can do it. I can help.



... what tools do you use for quality assurance in transcription?

An excellent question! I use Philips AS-7000 digital transcription equipment, along with Microsoft Word, and I personally listen to each and every recording, word for word.

• With years of transcription experience, I'm highly proficient, typing at over 80 words per minute. When needed, I also use AI-powered transcription as an added tool to enhance my services, providing extra efficiency without compromising accuracy.

• By listening to each recording word for word, I'm able to catch any action points mentioned by the interviewer or interviewee during the meeting or interview. I make sure to highlight these for future reference, which is especially useful when the actions are time-sensitive. This attention to detail ensures nothing important is missed, adding real value for my clients.

• If I'm unsure about the spelling of certain names or titles, I'll research the individual using Google to ensure their names are spelled correctly in the transcription. This extra step guarantees accuracy and professionalism in the final document.

• Many of my trusted clients rely on me not just for transcription, but as a valuable sounding board. They've asked for my unbiased opinions on the audio I've listened to, seeking my perspective as they work through their own next steps. This trusted relationship goes beyond transcription—my clients count on me for insights that help them make informed decisions.

• I can provide a summary at the beginning of the transcription—an overview that serves as a helpful first page for interviews. This gives a quick snapshot of the key points and makes it easier to navigate the content.

I'm [thrilling](#) and I'm totally obsessed with digital transcription. Seriously, I might need help—though I'm not sure there's a medicine for this kind of thing! Transcribing isn't just a job for me, it's practically in my DNA. Someone stop me... or better yet, let me handle your transcription needs! Email me at denise@deniseriches.com

#DigitalTranscription #MiltonKeynesTranscriptionistVA
#AIEnhancedTranscription

Is there a minimum commitment period, or can we keep it casual?

While long-term partnerships are great for building trust, I'm happy to work with you on a short term basis. Some clients pop in and out throughout the year, regularly and that is great, too!

Check out this lovely testimonial from _____:

"With _____ on my team, not only am I saving time, but I also don't have this task mentally weighing me down. Instead, I can focus on the tasks that are within my own Zone of Genius, knowing that _____ has my back with this vital part of my messaging and wider marketing strategy."

Hi, I'm _____ and I'm based in _____. I'm your dedicated virtual assistant with a passion for transcription, ready to turn your recordings into clear and concise text while you enjoy that well-deserved coffee break! Email me at _____ and let's get started.

#DigitalTranscription #MiltonKeynesTranscriptionistVA
#AIEnhancedTranscription



THESE ARE 2 LINKEDIN POSTS FOR THE SAME CLIENT - THIS WAS ALL PART OF THE REVAMP I DID FOR HER - TEXT AND IMAGES ALL AGREED UPON BEFORE SCHEDULING.



DIGITAL TRANSCRIPTION

Fun and Amusing Facts About
Transcription



ABOUT ME

Across Continents: How Two
Virtual Assistants Keep It
Professional and Fun

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Unveiling the skills of a transcription VA

Categories

About Me

THIS BLOG IS FOR THE SAME CLIENT. UNFORTUNATELY, BLOGGING IS NOT HER STRONG SUIT, BUT WE DO TRY TO PUBLISH SOMETHING EVERY FEW MONTHS ON HER WORDPRESS SITE.

SHE IS ALSO A BIG FAN OF AI, AND IT'S BEEN INTERESTING TO FLEX MY AI PROMPT SKILLS - SOME AI OUTPUT IS QUITE STUFFY, AND THE POSTS HAVE AN ELEMENT OF LIGHTEARTEDNESS AND PROFESSIONALISM.

YOU CAN SEE HOW WE'VE ENSURED THAT HER BRAND IS CONSISTENT ACROSS HER CHANNELS. (THE SECOND BLOG IMAGE IS ACTUALLY OF HER, AND NOT AI)