

Combating Emotional Eating

Emotional eating is defined as eating response to a feeling rather than physical hunger. We eat when we're stressed, depressed, anxious, or frustrated. We also eat to celebrate. The main issue is not only what we're eating, but how much. This can lead to becoming overweight and other health concerns. So, how do we break the cycle of emotional eating?



01

TAKE A WALK/PHYSICAL EXERCISE

Ideas: going for a walk on your lunch break, taking your dog for a stroll, lifting small hand weights.

YOGA/DEEP BREATHING EXERCISES

Ideas: practicing mindfulness and meditation, setting more boundaries, deep breathing, yoga.



02

03

KEEP A FOOD JOURNAL WITH A SPACE FOR YOUR FEELINGS

Ideas: tracking protein and fluid intake, feelings during meals, exercise, mindful eating, fullness and satiety cues.



READ A BOOK

Ideas: read something that you enjoy, learn about a new hobby or skill.

04



TALK TO A FRIEND

Ideas: visits with loved ones, call your spouse, children, or family members, reconnect with an old friend.

05



LISTEN TO MUSIC

Ideas: listen to a podcast, new music, old records, instrumental music, mindful imagery, or even pick a new genre of music to try.

06



KNOW YOUR TRIGGERS

SOCIAL (EATING WITH OTHERS)

- Others encouraging you to eat
- Eating to fit in

EMOTIONAL

- Eating in response to boredom, stress, fatigue, tension, etc.

SITUATIONAL (OPPORTUNITY EATING)

- Restaurant
- Watching TV
- Going to a movie, sporting event

THOUGHTS (NEGATIVE SELF TALK)

- Appearance
- Lack of will power