



Eating Food Out Of Emotion

EATING FOOD
OUT OF EMOTION

Physical hunger:

- ▶ Develops slowly over time
- ▶ You crave different food groups
- ▶ You feel full and see it as a sign to stop eating
- ▶ You have no negative feelings about eating
- ▶ **We can prevent emotional eating** ◀

Emotional hunger is not easily reduced by cravings, while filling the stomach may work instantly, cravings for food due to negative emotions often make people feel more upset than in the past. This cycle does not normally end until the person meets their emotional needs.

▶ **Find other ways to deal with stress** ◀

Discovering another way to deal with negative emotions is often the first step to overcome emotions

- ▶ **Avoid distractions:** You may find yourself eating in front of a TV, computer, or other distraction. Try turning off these devices
- ▶ Walking around the yard or a quick yoga routine may help in certain emotional moments
- ▶ Seek support to help you identify emotions on the path to hunger
 - ▶ Move your body
 - ▶ Try meditation



- ▶ Make a food diary
- ▶ Eat a healthy diet
- ▶ Remove harmful foods from your home
- ▶ Pay attention to the volume of food
- ▶ Work on a positive conversation
- ▶ **When to see a doctor or ◀ nutritionist**

It's hard work, but try to look at your emotional eating as an opportunity to connect more with yourself and your emotions. If you feel you are not in control of your eating pattern, it is important to see a doctor. Your doctor may refer you to a counselor or nutritionist for help with emotional and physical eating disorders.



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Other factors include:

- ▶ Withdrawal from social support in times of emotional need.
- ▶ Do not engage in activities that would otherwise reduce stress, sadness, etc.
- ▶ Lack of understanding the difference between physical and emotional hunger.

Factors that a person

▶ craves food because of his feelings ◀

Everything from job stress to financial worries, health issues to relationship struggles can be a major source of food trust. This is an issue that affects both sexes. But according to various studies, emotional failure is more common in women than men.

▶ Reasons why a person chooses food to get rid of emotional crisis ◀

Negative emotions can lead to feelings of emptiness. Food is believed to be a way to fill that void and create a false sense of "completeness" or temporary wholeness.



▶ Using negative dialogue related to the hard parts. This can create a cycle of emotional eating.

▶ Changes in cortisol levels in response to stress lead to cravings.

▶ Emotional hunger versus real hunger ◀

Emotional hunger:

- ▶ It happens suddenly
- ▶ You only crave certain foods
- ▶ You may eat aggressively and not feel deficient
- ▶ Feeling guilty or ashamed of eating