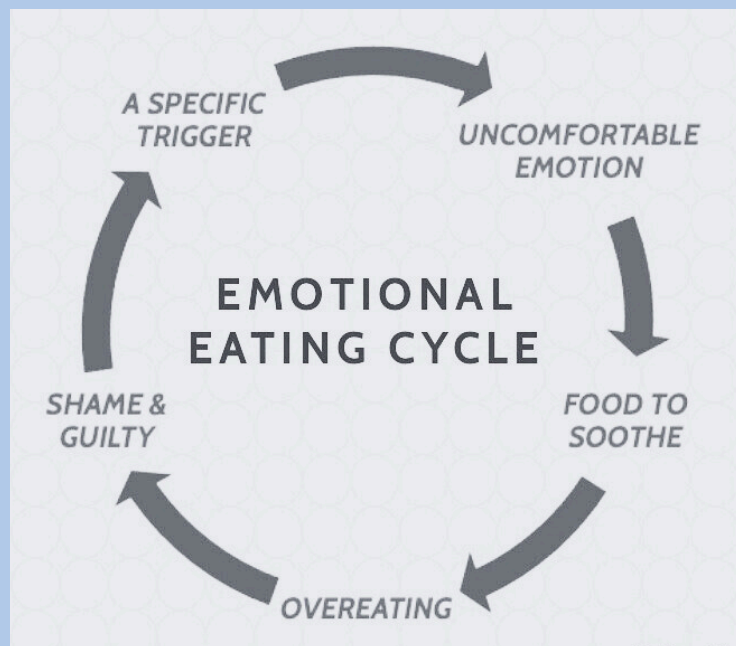


Week 4: Emotions and Eating



Why do we eat in response to emotions?

- We are conditioned to "eat our feelings"
- Food is easy and accessible
- We don't know how else to cope
- Certain emotions can prompt us to eat
- Certain foods can make us feel better

What emotions can trigger eating?

- stress, anxiety
- boredom, procrastination
- bribery, reward, celebration
- soothing, comfort
- frustration, anger, rage
- love, connection
- excitement
- release

What to do before it happens:

- Focus on basic self-care.
- Avoid overly restrictive diets.
- Learn to recognize physical hunger.
- Be strategic about the foods you keep around.
- Plan for non-food ways to distract and/or soothe yourself.

What to do when it happens:

- Delay. Distract. Decide.
 - Delay making a decision.
 - Distract yourself with a non-food activity.
 - Decide what you will do.
- Ask yourself:
 - Am I physically hungry?
 - What am I feeling?
 - What do I need?

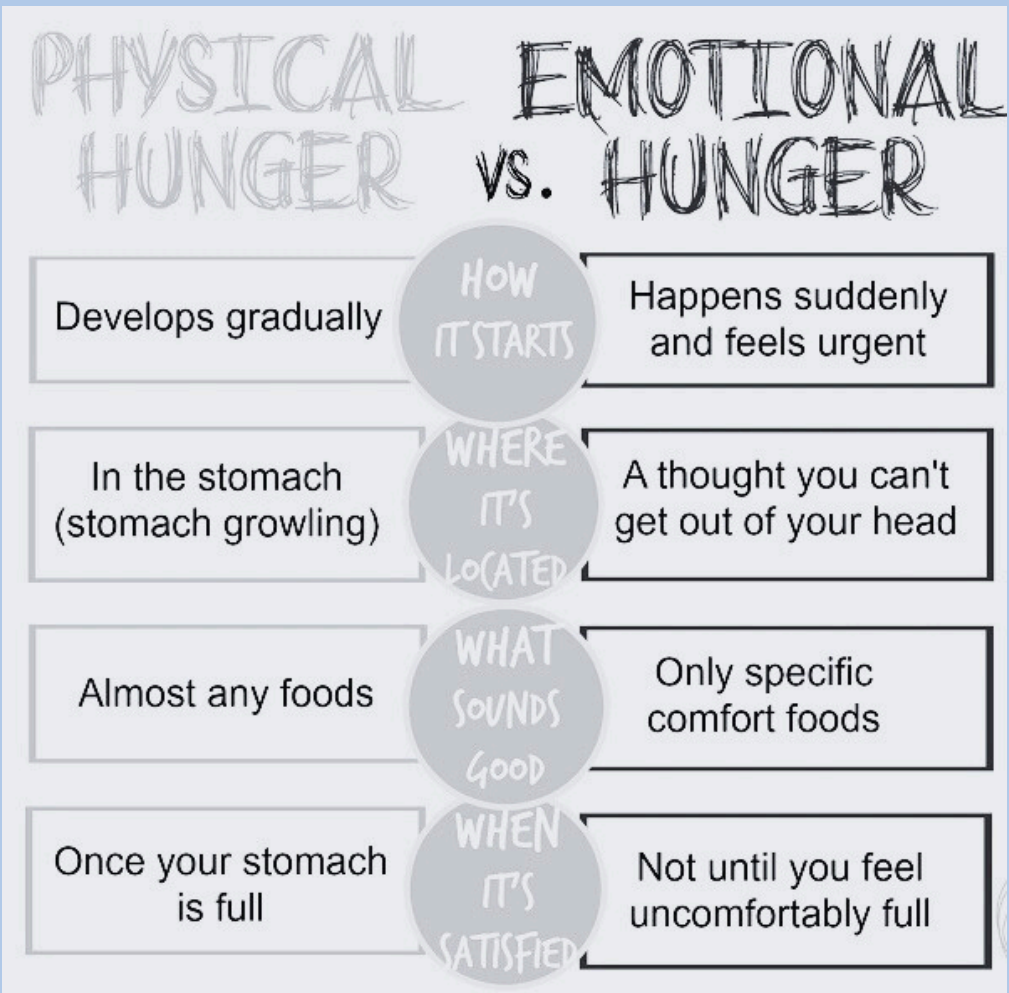
— “ —

Emotional eating is only a problem when you abuse it; feelings go straight to eating, with no interpretation.

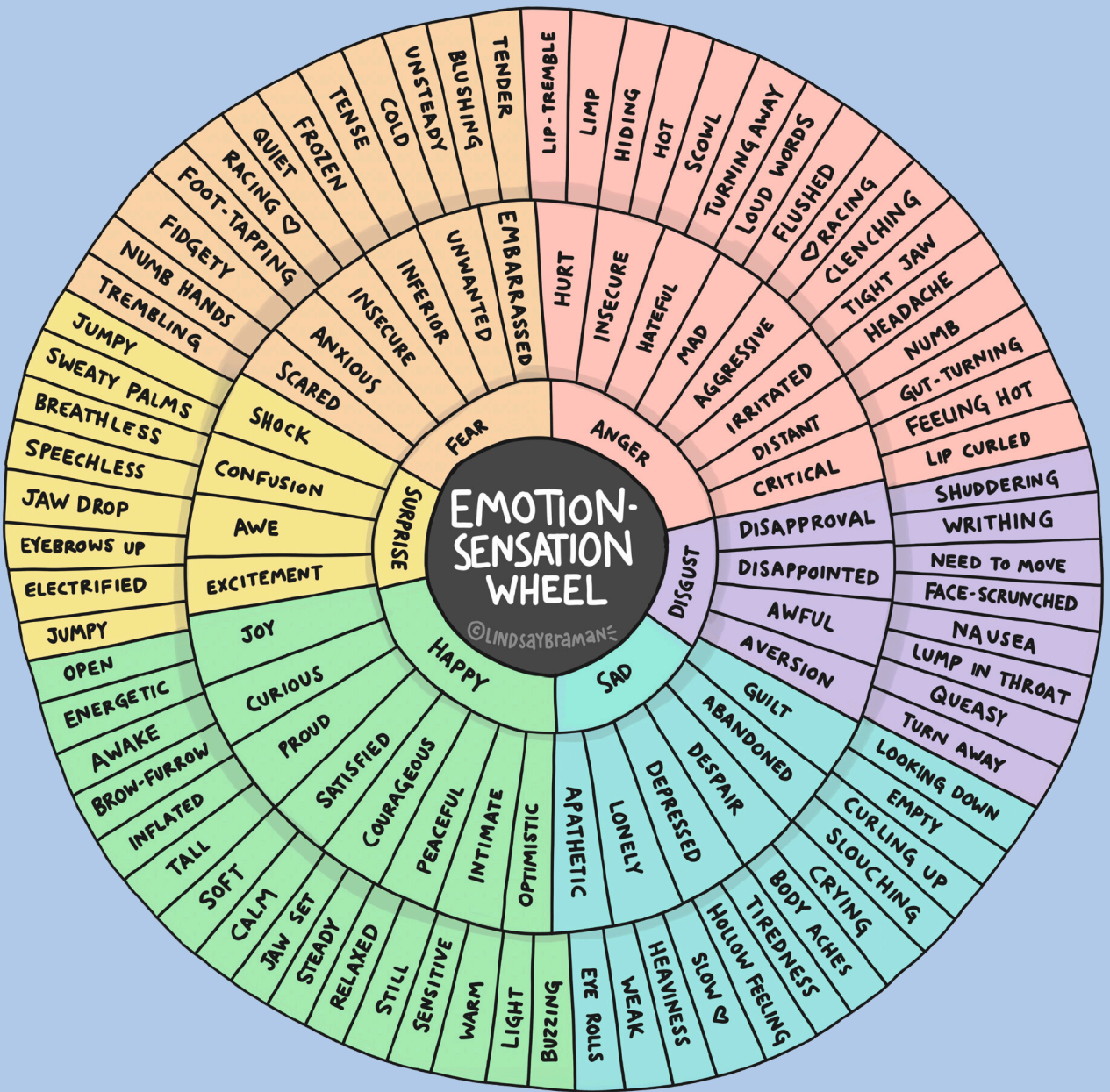
— Ellyn Satter —

” —

Am I physically hungry?



What am I feeling?



What do I need?

Distraction	Support	Confront Feelings	Self-care
change your environment	contact a loved one	journal	set boundaries
funny movie or video	group text/chat	sit with feelings for 10 minutes	unplug from devices
internet	talk with spiritual advisor	explore your feelings	breathing exercises
play with your pet	talk with therapist	reframe your thoughts	rest/nap
game or puzzle	try a therapy app	match music to feelings	go outside

What to do after it happens:

- Respond with self-compassion.
- Use it as a learning opportunity, then let it go.
- Appreciate the gift of emotional eating - it can shine a light on what needs our attention.