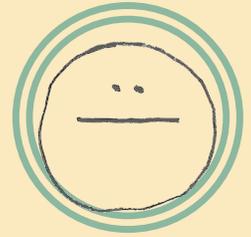
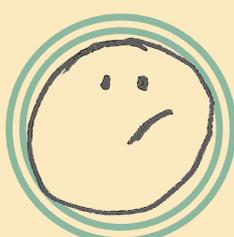
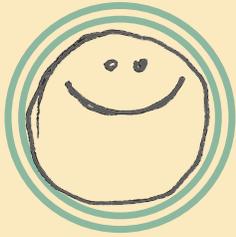


# EMOTIONAL EATING



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

## EMOTIONAL HUNGER

VS.

## PHYSICAL HUNGER

YOUR HUNGER COMES ON  
SUDDENLY

YOUR HUNGER COMES ON  
GRADUALLY

YOU MUST BE SATISFIED  
INSTANTLY

YOUR NEEDS CAN WAIT

YOU CRAVE SPECIFIC  
COMFORT FOODS

LOTS OF FOODS  
SOUND GOOD

YOU EAT QUICKLY  
AND IN PRIVATE

YOU EAT LEISURELY,  
IN GOOD COMPANY

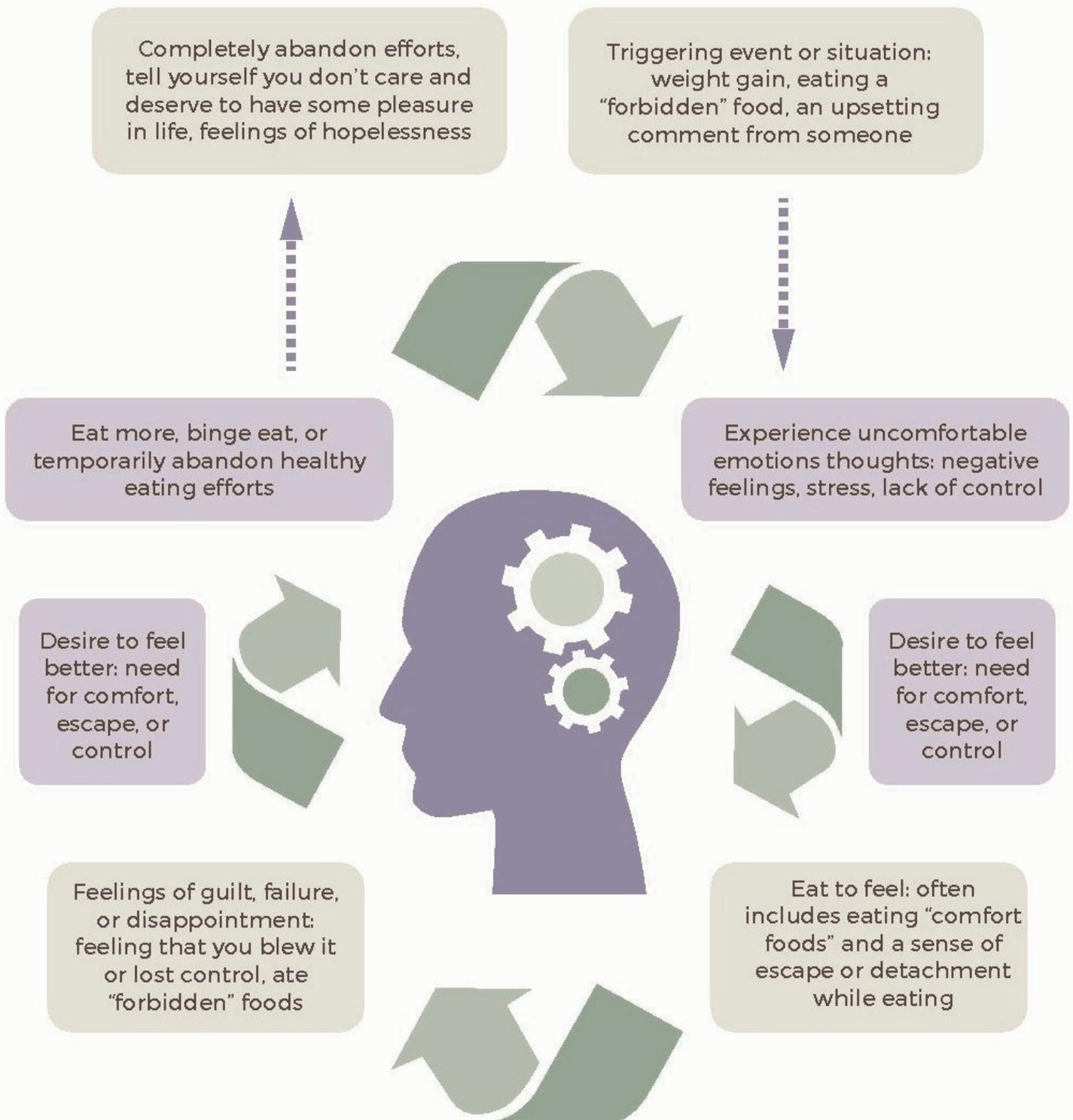
A FULL STOMACH DOESN'T  
SATISFY YOU

YOU STOP EATING  
WHEN YOU'RE FULL

FEELINGS OF SHAME, GUILT,  
POWERLESSNESS FOLLOW

NO NEGATIVE POST-MEAL  
FEELINGS

# CYCLE OF EMOTIONAL EATING



# HOW TO MANAGE EMOTIONAL EATING

## SET ASIDE RESTRAINED EATING

Food restriction requires personal control. When an emotional discomfort occurs, we are already vulnerable, and more likely to give up control of our eating in response.

## BE STRATEGIC ABOUT CONTROL

We equate control with restraint, but autonomy is also a form of control. Nurture your autonomy by allowing all foods into your life and intentionally choosing foods based on your body's wants and needs.

## KNOW WHAT YOU FEEL

We often choose the familiar discomfort of food over the unfamiliar discomfort of feelings. Learn to sit with difficult feelings and use them to choose how to care for yourself. Eating can be one of those options.

## DELAY. DISTRACT. DECIDE.

When faced with emotional discomfort, stop and think. "Am I hungry? What I am feeling? What do I need right now?" Instead of automatically eating, slow down and make a more mindful choice.

## REMEMBER FOOD'S TRUE PURPOSE

Separate comfort and food. Food is nourishment and occasional pleasure. Seek comfort in non-food ways, such as connection, self-care, and personally satisfying activities

## ACCEPT YOURSELF

This is an essential part of behavior change. When you accept yourself as you are, you can be a better coach to yourself as you tackle new ways of doing and thinking.