

Struggling with Emotional Eating?

BOREDOM, STRESS, AND DEPRESSION AS WELL AS OTHER EMOTIONS CAN LEAD TO EMOTIONAL EATING. HERE ARE A FEW WAYS TO COMBAT IT.



1.) EAT ONLY AT THE TABLE

Snacking on the couch, at your desk, in the car, or other non-dining focused locations can contribute to mindlessly eating.

2.) REMOVE DISTRACTIONS

Phones, magazines, and laptops while eating can distract us from our body's signals about fullness and satisfaction.



3.) PLAN MEALS THAT SATISFY YOU

If you walk away from a meal fully satisfied, you may be less likely to circle back later to find more goodies.



4.) IDENTIFY YOUR EMOTION

When you're reaching for unplanned snacks and treats, it helps to name the emotion you're feeling that is moving you toward the fridge. A professional counselor can help if this is challenging to do.



5.) MAKE A LIST OF COPING STRATEGIES

When you feel an "emotional eating" moment coming on, check your list of strategies. This might be a fitness routine, teaching your dog a new trick, adult coloring books, or calling a friend.

