## 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.

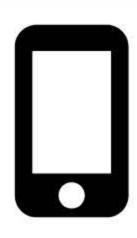


#### 1.) EAT ONLY AT THE TABLE

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.

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