

Gain Control of Emotional Eating



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March 2010

Weight-loss help: Gain Control of Emotional Eating

Although negative emotions can trigger emotional eating, you can take steps to control cravings and renew your effort at weight loss. To help stop emotional eating, try these tips:

- **Tame your stress.** If stress contributes to your emotional eating, try a stress management technique, such as yoga, meditation, breathing or relaxation.
- **Have a hunger reality check.** Is your hunger physical or emotional? If you ate just a few hours ago and don't have a rumbling stomach, you're probably not really hungry. Give the craving a little time to pass, try drinking some water.
- **Keep a food diary.** Write down what you eat, how much you eat, when you eat, how you're feeling when you eat and how hungry you are. Over time, you may see patterns emerge that reveal the connection between mood and food.
- **Get support.** You're more likely to give in to emotional eating if you lack a good support network. Lean on family and friends or consider joining a support group like this!
- **Fight boredom.** Instead of snacking when you're not truly hungry, distract yourself. Take a walk, watch a movie, play with your dog/cat, listen to music, read, surf the Internet or call a friend.
- **Take away temptation.** Don't keep supplies of comfort foods in your home if they're hard for you to resist. And if you feel angry or blue,

postpone your trip to the grocery store until you're sure that you have your emotions in check.

- **Snack healthy.** If you feel the urge to eat between meals, choose a low-fat, low-calorie snack, such as fresh fruit, vegetables with fat-free dip, or unbuttered popcorn. Or try low-fat, lower calorie versions of your favorite foods to see if they satisfy your craving.
- **Get enough sleep.** If you're constantly tired, you might snack to try to give yourself an energy boost. Take a nap or go to bed earlier instead.
- **Seek therapy.** If you've tried self-help options but you still can't get control of your emotional eating, consider therapy with a professional mental health provider. Therapy can help you understand the motivations behind your emotional eating and help you learn new coping skills. Therapy can also help you discover whether you may have an eating disorder, which is sometimes connected to emotional eating.

If you have an episode of emotional eating, forgive yourself and start fresh the next day.

Try to learn from the experience and make a plan for how you can prevent it in the future. Focus on the positive changes you're making in your eating habits and give yourself credit for making changes that'll lead to better health long term.

Call Barbara Ann today @ 631-428-2427 to find out about how you can JOIN her highly successful "Biggest Loser~ the holistic way" 4 week group weight loss program!!

Source: excerpts from www.mayoclinic.com

Nutritional Healing

It's NOT Just Nutrition, It's YOUR Life!

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