

Sometimes It's Not About the Food



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When we are stressed, one of the first things we look for is something comforting. Many of us find that comfort in food, but that ice cream, bag of chips, or the fast food you pick up on the way home, is not the answer. It may taste great while you're eating it, and temporarily redirects your focus, but how do you feel after? Ultimately you regret your food choice, the situation that made you eat is not resolved, and you wind up feeling even more stressed.

When I was more than 100 pounds heavier, I kept turning to food thinking it was what I needed. So many times, I would open and close the refrigerator door, or open the same cabinets, over and over again, looking for just the right thing to satisfy me. Inevitably, I would wind up reaching for just anything, even if anything was a piece of butter. And of course, it did not satisfy me, but how could food meet my needs, when it wasn't about the food? It was the hunger for emotional satisfaction and acceptance that I was looking for.

So how do we avoid stress eating? Bringing mindfulness and focus to the situation helps to break the stress eating cycle. Take a calming breath. Inhale through the nose and exhale through the mouth. Now inhale to the count of 5 (1-2-3-4-5), and exhale to the count of 5 (1-2-3-4-5). Next time you go to eat something, ask yourself 2 questions: Why am I eating this? How will this serve me? If your answer to either question is I don't know, than maybe you might want to think about taking a nice calming breath, going for a walk, or sitting down with a glass of water and checking some emails. Then revisit the food idea, and you may find you are no longer hungry, because sometimes it's not about the food.

I would love the opportunity to show you how to change your mindset about food, and still enjoy foods you love! Call me for a free consultation. It's Time to Get Fit!

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