



EMOTIONAL EATING

— A Quick & Comprehensive Guide —

By APage

WHAT IS EMOTIONAL EATING?

Whenever a person eats *large amounts* in response to feelings other than *hunger*.



43% of people eat to alter their mood

COMMON TRIGGERS:

The *psychological* reasoning behind emotional eating is very personal, but here are the main culprits:



Relaxing and tuning out in front of the TV



Boredom - The brain wants something to do!



Comfort - from depression or a bad day

ANHEDONIA:

A form of boredom that is difficult to satisfy. Often leads to drug addiction and overeating.

PLEASURE DEFICIENCY



HIGH BLOOD PRESSURE

CONSEQUENCES:

Sadness can easily be mistaken for hunger, since food triggers *chemical reactions* in the brain linked to mood.

EATING DISORDER



INFLAMMATION



DIABETES



GAINING CONTROL:

Is it really hunger?



Know the physical signs and have a glass of water. You could be thirsty.

Don't skip meals



Extreme hunger makes overeating easier to do.

Keep a healthy home



It's difficult to binge on unhealthy food when you don't have any.

Don't grocery shop hungry



Being surrounded by comfort foods can only be a bad thing.

Find healthy replacements



Sipping tea instead of snacking is a better alternative.