

Emotional Eating

Do you frequently rely on food to cope with a bad day or a stressful event? If emotional eating is resulting in weight gain or other health consequences, these tips may be helpful.

Signs of Emotional Eating

- Eating because you need comfort or as a reward
- Wanting to eat even when you don't feel hungry
- Sudden cravings tied to an emotional reaction
- Continuing to eat even when full
- Feeling guilty or ashamed after eating

Ways to Manage Emotional Eating

- Look for patterns in your emotional eating habits (such as bingeing on a favorite food after spending time with a difficult person)
- Find a substitute activity, such as taking a walk or spending time on a hobby
- Avoid purchasing binge foods when you shop for groceries

Get Help If...

- The way you eat is affecting your health
- You are eating until you feel sick
- You feel depressed or anxious either before or after a bout of emotional eating



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- **Access Counseling** to schedule an appointment with a counselor about emotional eating and the feelings associated with it
- Take the **MyWellbeing Profile** to evaluate your overall wellbeing and schedule an appointment with a coach
- Join **Togetherall** to find peer support for emotional eating or food-related health concerns

Quick Tips:

- **Be aware of situations that may trigger emotional eating, such as a stressful event or a difficult day**
- **Portion control is one way to eat a favorite comfort food without over-indulging**
- **LifeMatters can help you cope with the underlying reasons for unhealthy eating behavior**