

# EMOTIONAL EATING DURING QUARANTINE

As we adjust to the social distancing rules during the COVID-19 pandemic, it's natural to struggle with maintaining healthy habits. Mental stress and a change in routine are major contributing factors to how a lot of people are eating right now.

## WHAT IS EMOTIONAL EATING?

Emotional eating occurs when people use food as a way to deal with feelings instead of to satisfy hunger.

Ask yourself: "Why am I making this choice?"

Is it because you are:

- Hungry
- Bored
- Sad
- Craving this food
- Is it simply mealtime?

Your feelings can influence what and when you eat. Being aware of why you eat can help you make better choices.

## DEVELOP A ROUTINE

Creating routines for eating, exercise and sleep is also important because it can help you avoid stress, which can lead to impulsive eating and elevated cortisol, a stress hormone associated with weight gain. A routine can provide some comfort in uncertain times, and it can help to eliminate emotional eating.

## SOCIAL SUPPORT

Discuss together your new routines, responsibilities and rules around food. If you have children, first discuss as a couple and then come together as a family to discuss.

- Make pre-portion snack packs or bins for each member of the family
- Have a family menu meeting
- Freeze (and hide) your treats
- Create an activity or exercise plan with the family

## ALTERNATIVE IDEAS



READ A BOOK



GARDENING



TRY A WORKOUT  
ON YOUTUBE



CALL A  
FRIEND

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