

EMOTIONAL EATING: UNDERSTANDING AND MANAGING IT

In times of stress or changes in routine, it's natural to struggle with maintaining healthy habits. Mental stress and disruptions to daily structure can strongly influence how and what we eat.

WHAT IS EMOTIONAL EATING?

Emotional eating occurs when food is used to cope with feelings rather than to satisfy physical hunger. Emotional eating is often linked to stress, boredom, fatigue, or difficult emotions.

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

Is it because you are:

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

Your feelings can influence what, when, and how much 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 consistent routine can provide stability and help reduce impulsive or emotionally driven eating.

SOCIAL SUPPORT

Discuss routines, responsibilities, and expectations around food with those in your household. 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



TALK TO A FRIEND



GARDENING OR
OTHER HOBBY



READ A BOOK OR
GO ON A WALK



TRY A WORKOUT
ONLINE OR GYM

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