

EMOTIONAL EATING



What's eating you?

Do you tend to reach for some food when you hear some bad news or feel bad about yourself?

Do you dive into biscuits or chocolates when you are feeling stressed?

You are not alone! Even the most disciplined of us can go on an eating binge when we feel under pressure.

Are you bored or lonely, angry or sad?

Identify what you are feeling, name the emotion, pin down that feeling, **find out what's eating you** then you can start to be in control.

Food won't take away boredom or make you feel less lonely, angry or sad. However, once you recognise the emotion you can start doing something to change the situation.



Can you distract yourself for 15 minutes?

Here are some tips: below.

Also watch out for the cravings busting diary in Week 7 Sowing Seeds

Call a friend

It might sound strange, but feeling heard can really change how you feel about yourself. So instead of reaching for food in response to your emotions STOP and

reach for your phone instead. If your first choice of person to speak try someone else. Ensure you are available for your friends as well.



- ◆ Go out for a walk. Fresh air is great and lifts your mood
- ◆ Do some housework energetically and discharge some negative energy
- ◆ Take some bottles down to the bottle bank . Enjoy hurling them in!
- ◆ Read a book
- ◆ Have a wee jig –dance about

Distract yourself for 15 minutes and you're mood changes!