

EMOTIONAL EATING

WEEK 8



Overview

Feedback on practical application

Emotional Eating

Hunger

Worksheets & Client handouts

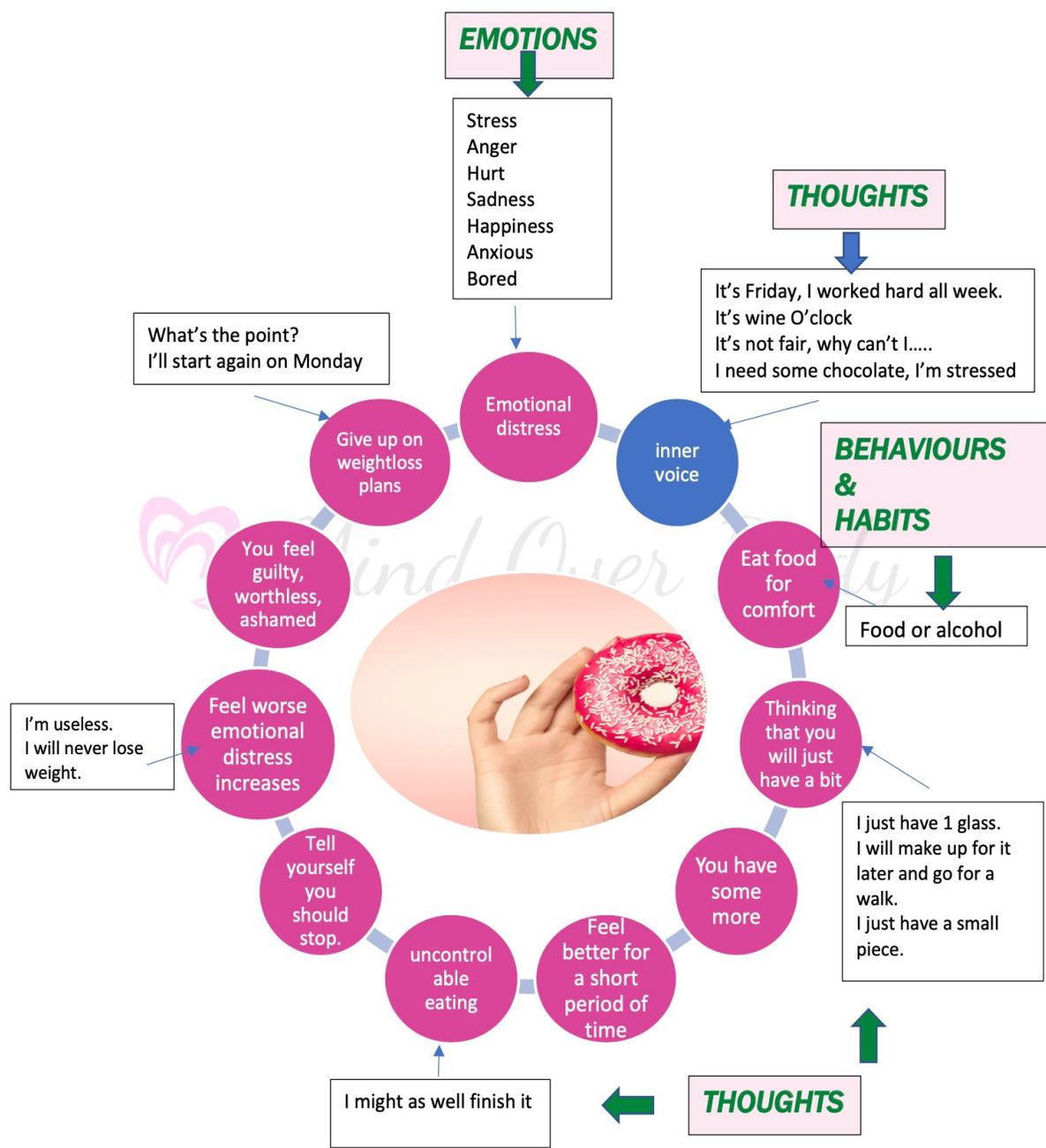
Role play



Emotional eating

- Are you an emotional eater?
- Do you eat more when you're feeling stressed?
- Do you eat when you're not hungry or when you're full?
- Do you eat to feel better (to calm and soothe yourself when you're sad, mad, bored, anxious, etc.)?
- Do you reward yourself with food?
- Do you regularly eat until you've stuffed yourself?
- Does food make you feel safe? Do you feel like food is a friend?
- Do you feel powerless or out of control around food?

Emotional eating cycle



Types of emotional eating

- 1) Sensory Gratification - that is eating for joy. It is pleasing your palate and letting you appreciate food that you enjoy. By letting yourself enjoy food, you will actually reduce the amount of food you consume. Using Mindful Eating will help you appreciate and enjoy your food more and therefore help you eat less.
- 2) Comfort eating - Thinking back to your childhood and foods you loved and bring back fond memories. it could be having a cup of cocoa with family in front of the fire, or chicken soup when you were sick. Eating comfort foods occasionally actually is necessary to develop a healthy relationship with food, as long as you stay in touch with your physical hunger signals and where you are at the hunger scale.
- 3) Distraction - Using food for distraction is problematic as you won't be able to identify feelings you are trying to avoid. Food is not an appropriate medium to distract you from feelings, and you will need to learn other coping mechanisms for dealing with string emotions.
- 4) Sedation - This is a more serious form of using food to distract from feelings. It will numb you over extended periods of time from your emotions and you will become unable to distinguish between emotional and physical hunger. Most people using food for sedation feel out of control and experience shame and guilt. This type of eating can lead to addictive behaviour with food.
- 5) Punishment - This is the most severe form of emotional eating and leads to eating large amounts of food in an angry forceful manner. There is no pleasure in eating and sometimes hate can be experienced towards food.

Emotional hunger and physical hunger

Before you can break free from the cycle of emotional eating, you first need to learn how to distinguish between emotional and physical hunger.



HUNGER

What does it feel like when you are physically hungry?

What do you notice in your body?

What thoughts are you having?

What does it feel like when you are emotionally hungry?

What do you notice in your body?

What thoughts are you having?

What can you do to slow down your eating?

Emotional eating



Emotional hunger comes on suddenly



Emotional hunger craves specific comfort foods



Emotional hunger often leads to mindless eating



Emotional hunger isn't satisfied once you're full



Emotional hunger isn't located in the stomach



Emotional hunger often leads to regret, guilt, or shame



Hunger experiment

- De-catastrophizing hunger
- Eat breakfast
- Only drink water or herbal tea until dinner time
- Record hourly how you are feeling
- Notice the feeling of hunger over the day



Documents for Emotional Eating

- General information on Emotional eating
- General information on hunger
- Reflection on emotional eating Worksheet
- Hunger worksheet



Pathway to overcoming emotional eating

- Learning other ways to deal with emotions
- Know the difference between emotional and physical hunger
- Identify (emotional) triggers
- Use the worksheet to identify emotions
- Pause when craving starts
- Alternative activities
- Mindful
- Eating regular meals (avoiding sugary foods)