

Stop Emotional Eating

EMOTIONAL EATING HOW TO STOP IT

Angry + Lonely = Ice Cream. Hurt = Chocolate. Bored + Cookies = Guilt.

We've all let our feelings overrule our appetites and then regretted it.

Here, we offer you some **healthy advice** to control emotional eating.

Regular Exercise

A walk or jog around the block or a quick yoga routine may help in particularly emotional moments.



Try Meditation

There are a variety of studies that support mindfulness meditation as a treatment for binge eating disorder and emotional eating.

Start A Food Diary

Keeping a log of what you eat and when you eat it may help you identify triggers that lead to emotional eating.



Eat A Healthy Diet

Making sure you get enough nutrients to fuel your body is also key. It can be difficult to distinguish between true and emotional hunger.

Pay Attention To Volume

Resist grabbing a whole bag of chips or other food to snack on. Measuring out portions and choosing small plates to help with portion control are mindful eating habits to work on developing.



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