

Emotional Eating

By

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Emotions motivate many of the things we do or don't do. When thinking about food, most of the time it's an enjoyable thought. You may remember a favorite dish your mother cooks or one that you enjoy preparing. Although cooking and eating are necessary in our daily lives, we have to maintain a healthy balance. The following are examples of how emotions can influence eating habits.

1. **Happy**- celebrating a joyful event or moment in life with a celebration involving food is wonderful, but eating out and cooking celebratory meals on "just a good day" isn't healthy. Find ways to reward yourself that don't involve food or money every time. Such as spending time with family or friends to talk about your great day, going to church to testify and thank God, watching your favorite movie, having a game night with close friends or a companion.
2. **Worried**- Certain foods are comfort foods because they either remind you of a better time in life or the chemicals in your brain react to the food producing a "feel good hormone". Instead of eating when you're worried, write down the problem then find three ways it can be solved. Put your options in order by the most feasible to the least. Give yourself a time period to try each option. After trying the options, if there continues to be a problem; speak to someone you trust to get advice. If possible start and end with prayer.
3. **Angry/Anxious**- Most people when they are angry or anxious they don't eat or overeat. This is a very bad thing for your body especially if you get those emotions often. When you are having these emotions you should find your coping mechanism. Praying, finding something funny about the situation, being around babies/children, counting, writing about your emotions, taking a hot bath, getting dressed up and going to your favorite place etc.
4. **Stress** – This can contribute to you eating too much or not eating at all; either option is not good. Some problems are difficult to solve

completely, so we may need to work on part of the problem and then slowly continue resolving the whole issue.

5. *Life can be complicated at times, but we must remain **POSSITIVE** as much as possible and seek help when needed!*

Today is a Great day to start evaluating your eating habits and pinpoint the challenges that contribute to consumption of unhealthy foods.