



EMOTIONAL EATING: WHY IT HAPPENS AND HOW TO CURB IT

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**Let's start
with this...**

— “ —————

Emotional eating is only a
problem when you abuse it;
feelings go straight to eating,
with no interpretation.

- Ellyn Satter

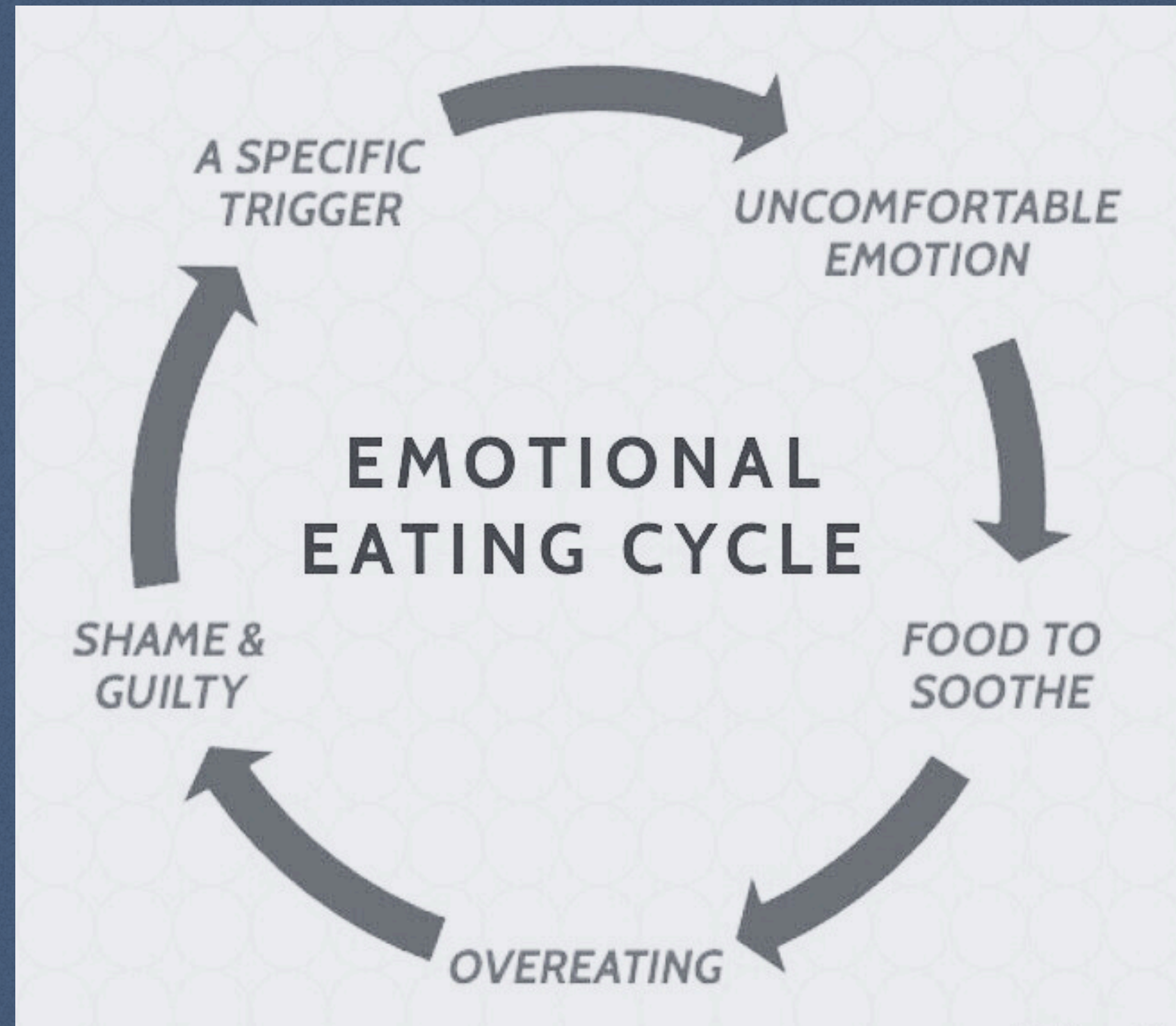
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WHY WE DO IT

- We are conditioned to “eat our feelings”
- Food is easy and accessible
- We don't know how else to cope
- Certain emotions can prompt us to eat
- Certain foods can make us feel better



THE EMOTIONAL EATING CYCLE

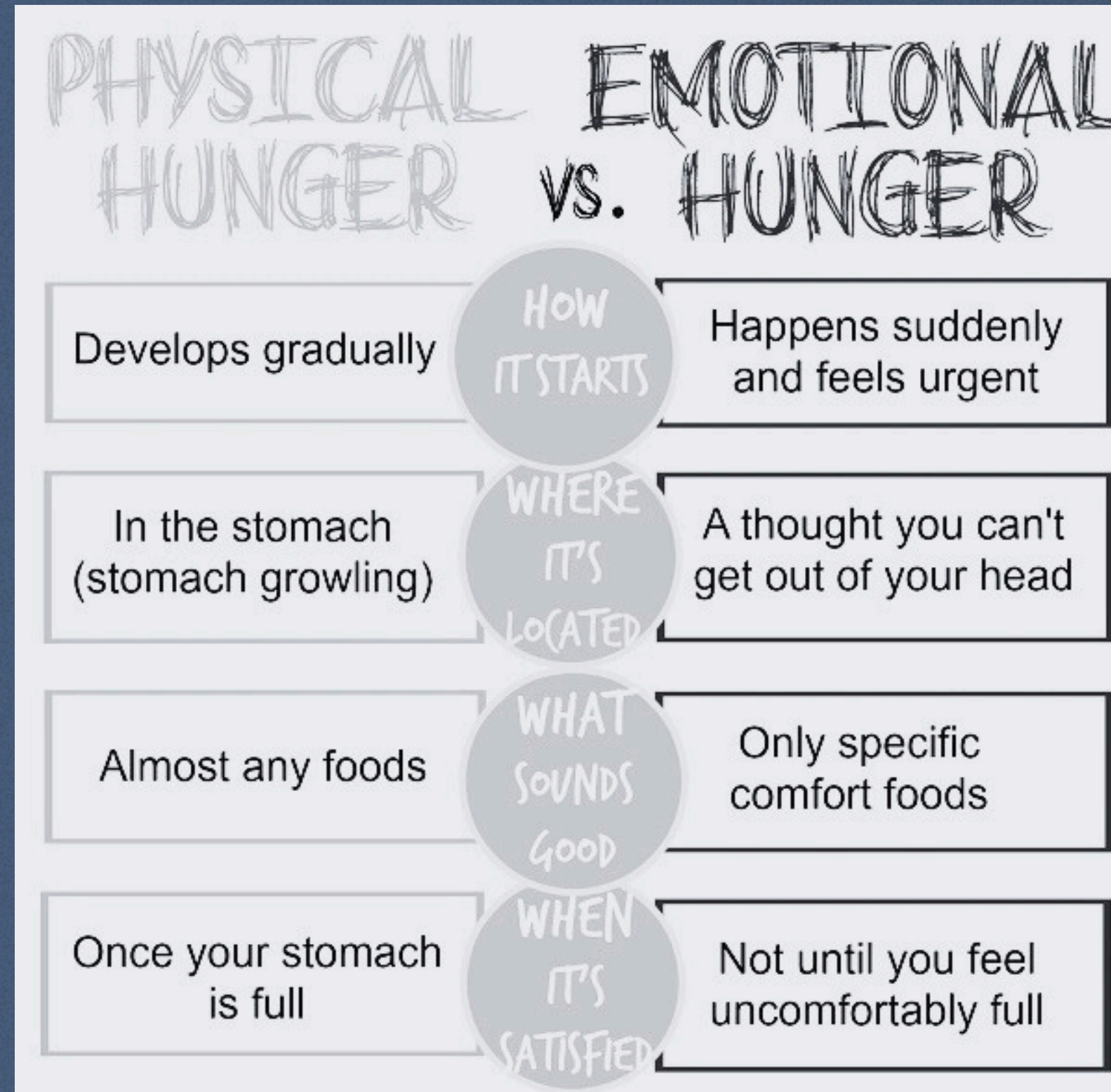


TRIGGERS FOR EMOTIONAL EATING

- stress, anxiety
- boredom, procrastination
- bribery, reward, celebration
- soothing, comfort
- frustration, anger, rage
- love, connection
- excitement
- release



PHYSICAL VS. EMOTIONAL HUNGER



WHAT TO DO BEFORE IT HAPPENS

- Focus on basic self-care
- Avoid overly restrictive diets
- Learn to recognize physical hunger
- Be strategic about the foods you keep around
- Plan for non-food ways to distract and/or soothe yourself

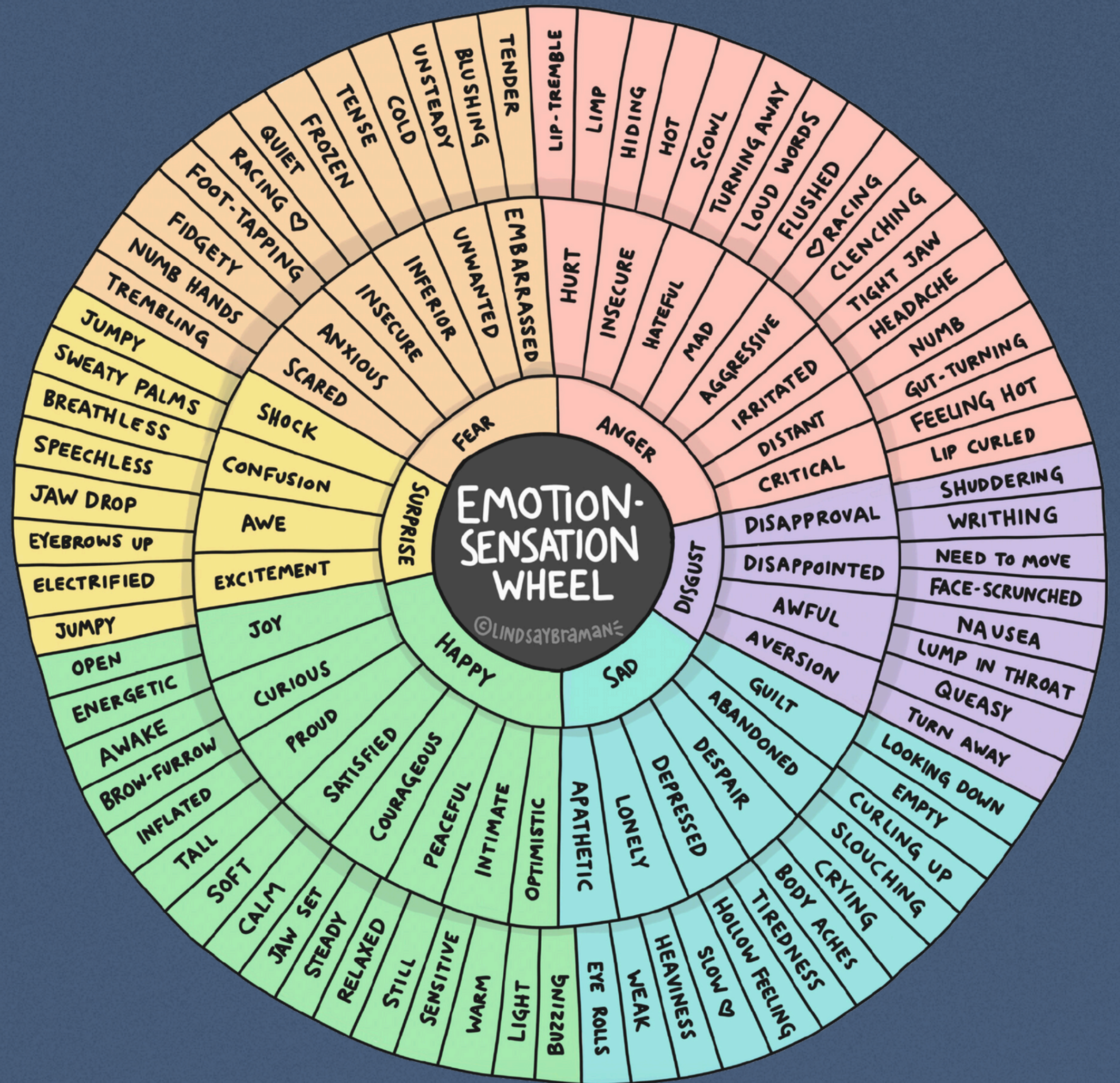


WHAT TO DO WHEN IT HAPPENS

- Delay. Distract. Decide.
 - Delay making a decision.
 - Distract yourself with a non-food activity.
 - Decide what you will do.
- Ask yourself:
 - Am I physically hungry?
 - What am I feeling?
 - What do I need?



WHAT AM I FEELING?



WHAT DO I NEED?

| Distraction | Support | Confront Feelings | Self-care |
|-------------------------|-----------------------------|----------------------------------|---------------------|
| change your environment | contact a loved one | journal | set boundaries |
| funny movie or video | group text/chat | sit with feelings for 10 minutes | unplug from devices |
| internet | talk with spiritual advisor | explore your feelings | breathing exercises |
| play with your pet | talk with therapist | reframe your thoughts | rest/nap |
| game or puzzle | try a therapy app | match music to feelings | go outside |

WHAT TO DO AFTER IT HAPPENS

- Respond with self-compassion.
- Learn and let go.
- Appreciate the gift of emotional eating - it can shine a light on what needs our attention.



Thank you for being here!