



# Emotional Eating: Breaking the Cycle

Presented By | HealthCheck360





## AGENDA

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**What is emotional eating?**

**What can lead to emotional eating?**

**Tips to help break the cycle**



# WHAT IS EMOTIONAL EATING?

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**“Eating to escape, numb, change, or amplify feelings.”**

## Emotional Eating Cycle

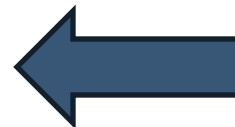
You feel guilty  
and powerless  
over food



Something  
happens to  
upset you



You feel an  
overwhelming  
urge to eat



You eat more  
than you know  
you should



# EMOTIONAL EATING FACTS

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**Emotional eating can come on suddenly**

**It is more complicated than physical hunger**

**Anything can be a trigger to emotionally eat**

## **Examples**

- Relationships
- Work
- Boredom
- Depression
- Fear and anxiety
- Social Influence





## IS IT EMOTIONAL EATING?

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**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?**



# MINDFUL EATING

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## Tips to incorporate mindful eating

1. No screens at mealtime
2. Devote time to eating
3. Try to eat meals at the table
4. Use your senses
5. Check in with yourself throughout the meal
6. Take water breaks and relax
7. Take small bites
8. Chew thoroughly
9. Take enough food, but not too much
10. Wait to go back for seconds





## OTHER TIPS

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**Learn to recognize emotional eating**

**Acknowledge emotional eating**

**Be compassionate with yourself**

- Don't judge
- Your feelings are valid

**"Take 5" Rule**

**Work to replace your habit with a healthier option**

- Reading, sewing, word puzzles, exercise, crafts, etc.



## OTHER TIPS

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### **Coping skill options**

- Journaling
- Meditation
- Deep Breathing
- Walks
- Hobbies
- Aromatherapy
- Positive affirmations
- Spirituality/religion
- Self-care
- Therapy







## SUMMARY

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**Emotional eating is complicated**

**Learning to recognize when you are eating emotionally is the first step**

**When you can, incorporate healthier options**



# UPCOMING WEBINARS

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## Personalizing Your Wellness Journey

Health isn't one-size-fits-all, and neither is your wellness plan! Discover how to tailor-make your own personalized wellness blueprint for a healthier, happier life.

December 4

Find out more on [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)



## The Power of Positive Thinking

Negativity can be hard to shake. Learn actionable tips to combat negative thoughts and step into the power of positive thinking.

January 8





## LIFESTYLE REWARDS

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1. True or False: Emotional eating has only a few triggers
  - a. True
  - b. False
2. What is one part of the emotional eating cycle?
  - a. You feel an overwhelming urge to eat
  - b. You practice good portion control with your meals
3. What was one tip for mindful eating?
  - a. Take as much food as you can the first time
  - b. Take water breaks

**\*\*If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.\*\***



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