

# Getting Control of Emotional Eating

MAUREEN PRINSTER, RD, NBC-HWC



# Objectives

- Describe common causes and triggers behind emotional eating
- Identify strategies to gain control of emotional eating
- Discover how to apply these strategies to improve health and wellbeing

# What is Emotional Eating?

A normal coping mechanism in response to strong feelings.

“Eating to escape, numb, change, or amplify our feelings when not experiencing physical hunger.”

Comfort foods.

# Emotional Eating versus Binge Eating Disorder

Is emotional eating an eating disorder?

The primary difference is the amount of food consumed.

Prevalence of emotional eating.

# Why is Emotional Eating so Common?

Eating is soothing

- Humans need food/evolution
- Eating as a baby or toddler

Are there benefits to emotional eating?

# The Spectrum of Emotional Eating

Pleasure and enjoyment

Comfort

Distraction

Sedation/ numbing

Punishment/ guilt

# Effects of Emotional Eating

Becomes a habit

Emotional eating vs. physical hunger

Cravings vs. physical causes

Emotional eating effects on the brain

Dopamine

Emotional eating effects on the body

# Signs of Emotional Eating

Sudden urgent cravings

Craving only certain foods

Overeating

Shame or guilt

Your only way of coping with emotions

Occasionally, having too much unhealthy food isn't harmful. However, this indulgence can be an issue when it happens often or becomes your main coping mechanism.

# Triggers of Emotional Eating

Work and home stress

Trauma

Loneliness

Anger

Frustration

Reward

Boredom

Depression/ Anxiety

Bribery

Sadness

Being happy

# Strategies and Tools to Address Emotional Eating

Know your triggers

Identify, regulate and address your emotions/mental health

Adjust your environment

Eat mindfully/listening to your body

# More Strategies and Tools to Address Emotional Eating

Slow down

Use distraction

Find healthy alternative coping mechanisms

Seek support

- Health care provider

- Your program

  - Counseling

# Your Program

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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