

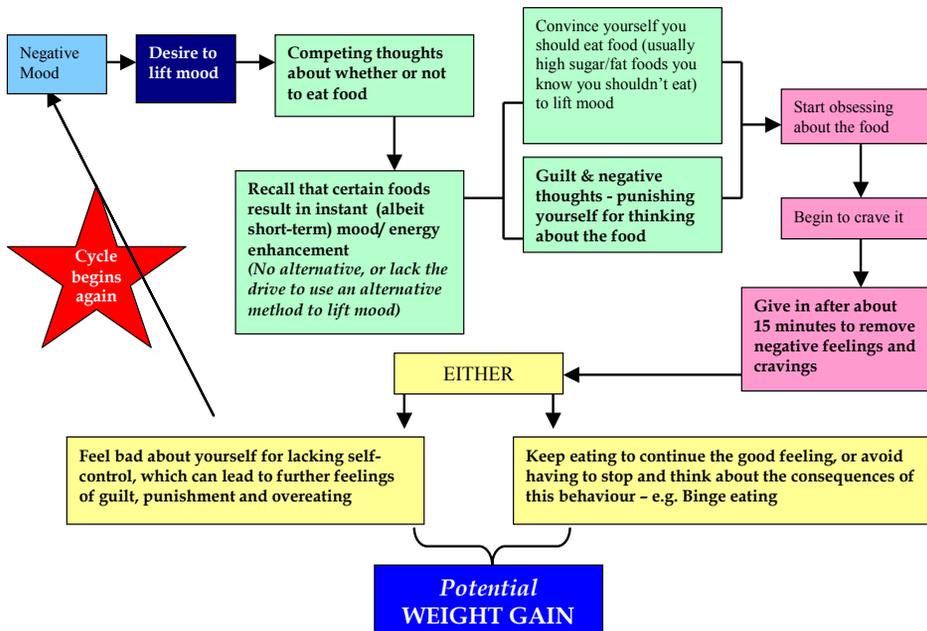


# Combating Emotional Eating



## How emotional eating can lead to overeating

Emotional eating is generally linked to negative emotions (as outlined in the diagram below). The problem with *emotional eating* is that it often results in *overeating* and a further reduction in self-esteem<sup>1</sup>. The diagram below illustrates how emotional eating eventually leads to overeating.



This is especially problematic for people who have been on a restrictive diet, because it can result in a feeling of failure as negative emotions creep back in.

### Keys to combatting this cycle of overeating as a result of Emotional Eating

- 1) Address the underlying emotion (e.g. anxiety, feeling defeated/deflated, stress, happiness)
- 2) Challenge your thoughts about healthy foods
- 3) Work on feeling good about yourself first and foremost
- 4) Keep reminders about tools you can use to combat emotional eating close at hand (e.g. talking to a friend, watching a funny TV show, or listening to uplifting music).
- 5) Take the 30 day challenge in the *Refresh Your Life* program and stop allowing your emotions to rule your life! By simply committing to the program over this period of time, you are bound to see a tremendous change in your overall happiness, self-esteem and confidence. These positive emotions will have a significant impact on your emotional eating behaviours.

Emotional Eating is the basis of the '*Refresh Your Life*' program and is tackled even further during *Refresh Coaching*

#### Reference:

1. Masheb, R.M., & Grilo, C.M. (2006). *Emotional overeating and its associations with eating disorder psychopathology among overweight patients with binge eating disorder*. *International Journal of Eating Disorders*, Vol 39, pp 141-146.

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