EMOTIONAL EATING

Video Two

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Find ways to comfort, nurture, distract, and resolve your issues without using food. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won't fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you into a food hangover. But food won't solve the problem. If anything, eating for an emotional hunger will only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion, as well as the discomfort of overeating.

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-Tribole & Resch

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66 Food is love. Food is comfort. Food is reward. Food is a reliable friend.

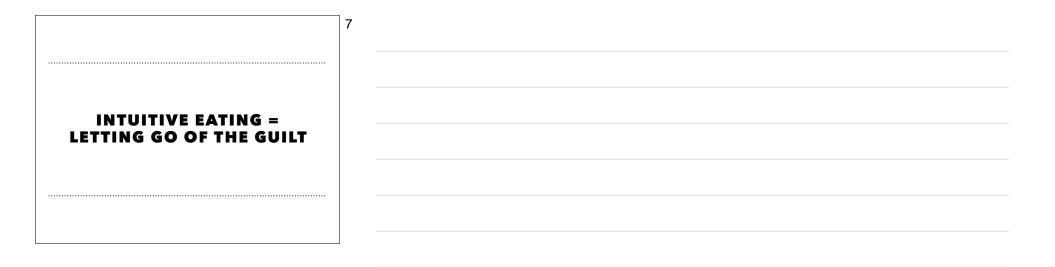
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FOOD AS A COPING MECHANISM

- ➤ Food is used to soothe whatever ails you
- ➤ Some patients are aware, others are not
- Emotional eating typically leads to overeating

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COPING MECHANISM

► Emotional hunger

➤ Triggered by feelings of stress, boredom, sadness, etc

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Mindless snacking/eating to out of control binge

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SENSORY GRATIFICATION	11
► Enjoying the sensory satisfaction of food	
 "Pleasing the palate" If there's a food you like, that's okay	
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Sensory Gratification <u>Comfort</u> Distraction Sedation	Sedation	Punishment			

COMFORT	13
 Just the thought, sight or aroma of food can evoke feelings of comfort 	
 Occasionally eating comfort foods can be a part of a healthy relationship with food 	
➤ Is food the first or only way to comfort yourself?	
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Sensory Gratification Sedation Punishment						14	
Sensory Comfort <u>Distraction</u> Sedation Punishment							
	Sensory Comfort <u>Distraction</u> Gratification	Sedation	Punishment				

DISTRACTION	15
 Food can be used to distract from uncomfortable feelings 	
 Using food to distract blocks ability to feel the sensations of hunger and/or satiety 	
Discover the source of the feeling	
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Sensory Comfort Distraction <u>Sedation</u> Punishment Gratification		

SEDATION	17
Food is used to numb	
 Impossible to be in touch with your intuitive eating signals 	
 Escalation or long-term sedation 	
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Sensory Comfort Distraction Sedation <u>Punishment</u> Gratification	-	
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EMOTIONAL TRIGGERS	



SCIENCE!

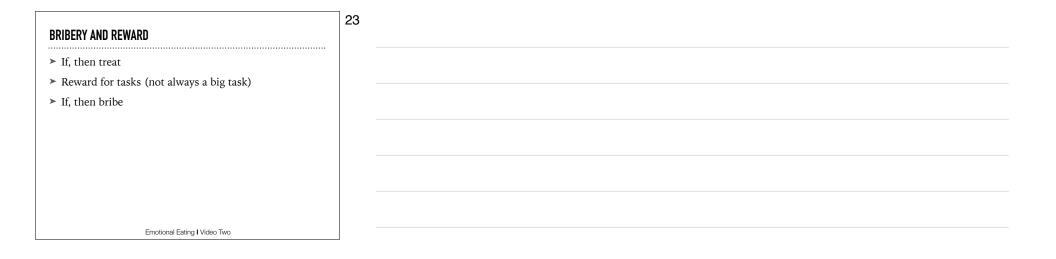
- College students, 2 groups
- Group One: Writing the same letters over and over again

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- ► Group Two: Stimulating writing project
- ➤ Both given bowl of crackers "to nibble on"
- ➤ Group one (monotonous task) ate the most crackers

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BOREDOM EATING	22
► Fill the time, procrastinate mundane tasks	
✓ Lying around on a day off with no plans	
 Studying, paperwork, reading and/or writing project 	
✓ Channel surfing	
✓ "Killing time"	
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SOOTHING	25
 Food has soothing properties 	
 Cookies and milk, chicken soup, etc 	
 Habitually eating to soothe can interrupt a healthy relationship with food 	
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LOVE 🧡	
➤ Food can be connected to the feeling of being loved	
 Family, friends, romantic partner 	
➤ Having been shown love or only able to show love	
through food?	
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FRUSTRATION/ANGER/RAGE	



THE BIOLOGY OF STRESS	29
 Biological mechanisms associated with stress turn off the desire to eat 	
✓ Rush of adrenaline	
✓ Blood sugar is elevated	
✓ Digestion is slowed	
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THE BIOLOGY OF STRESS	30
 Self preservation "Fight or flight" Stressors: Running from a lion vs Rush hour traffic 	
➤ Stressors: Running from a lion vs Rush hour traffic	
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CHRONIC STRESS RAISES	
CORTISOL LEVELS	



BEING CONNECTED	33
 2013; University of Illinois College of Agricultural 	
Study showed that when groups of people eat together at a restaurant at which they must state their food choice aloud, they tend to select items from the same menu categories.	
➤ Women were more affected then men	
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LOOSENING THE REIGNS		

COPING WITH Emotional Eating

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MEETING NEEDS WITHOUT FOODS		

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BASIC NEEDS	
Adequate sleepExpressing feelings	
 Being heard, understood, and accepted 	
 Being intellectually and creatively stimulated 	
 Receiving comfort and warmth 	
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FEELING NURTURED	

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If you receive a steady flow of comfort and nurturing you'll be better prepared to face the feelings that have been so frightening. Acknowledge what is troubling you —allow your feelings to come up. This will reduce your need to push them down with food.	
-Tribole & Resch	
If your client has trouble identifying their feelings or coping with them, it may be helpful to talk with a therapist, especially if it is a persistent issue.	

Up Next	RESPECT Your Body	41
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