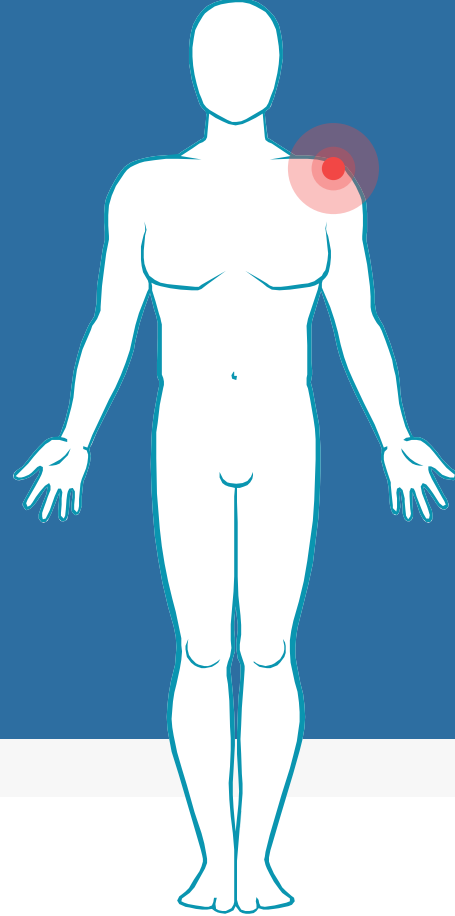


On-Call

Digital Resources

Relation between food and emotions



Emotional eating

- It has been proven by numerous studies, that our mood directs our food choices. Usually we are not aware of this correlation and that sometimes food we desire so much will not really fulfil us, and will make us feel better only for a short moment, and moreover, is not really beneficial for our health

Eat your feelings

- Feelings that usually cause cravings:
 - Loneliness
 - Stress
 - Sadness
 - Boredom

Are you an emotional eater?

- ▶ Do you eat a lot when you're stressed?
- ▶ Do you like to stuff yourself?
- ▶ Does food make you feel safe?
- ▶ Do you eat when you're not hungry?
- ▶ Do you eat to feel better?
- ▶ Do you reward yourself with food?

Emotional hunger

- Emotional hunger:
 - occurs suddenly
 - makes you crave specific type of food
 - being full is not satisfying
 - causes guilt and shame

What emotional eating can lead to?

- ▶ At the worst scenario, if we won't fight emotional eating and our emotional issues will remain unaddressed, thus our food craving will remain constant. It can lead to obesity or eating disorders like bulimia.



How to fight cravings

Having cravings from time to time is normal, and as long as they do not happen all the time, they won't cause us any harm.

If we crave specific food often, we should focus on fighting what is really causing them and find other way to relive stress, fight anxiety or kill boredom.





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