

# Emotions and Your Weight



People often eat in response to their emotions, especially strong emotions.

Here are some tips for avoiding emotional eating:

- **Eating doesn't make the problem go away!** Instead, try to deal with the problem in ways other than eating. For example: take a short walk or call a friend.
- **Think positively.** Replace those negative thoughts with positive thoughts.
- **Get active.** Take a brisk walk, get on a stationary bike, or do some stretches. Exercise will usually improve your emotions!
- **Distract yourself.** Find something else to do rather than eating. Listen to some music that lifts your spirit.
- **Avoid the kitchen.** You will be less tempted to feed your emotions.
- **Have healthy snacks easily available.** Comfort foods can be healthy.
- **Get help for your emotions.** See your primary care provider or a counselor, or talk things over with a clergyman or a friend.

