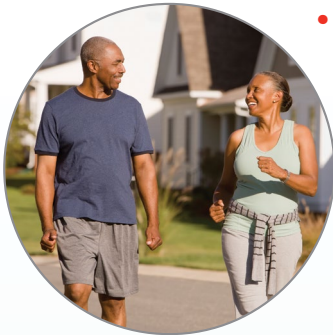
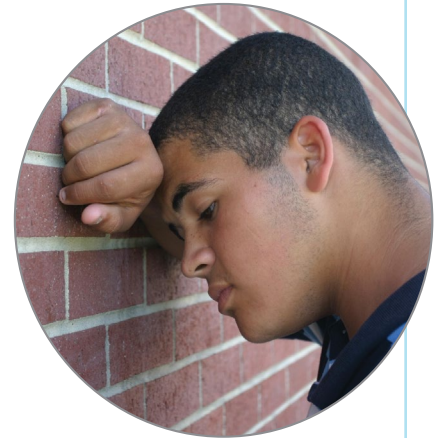


Emotions and Your Weight

Emotions often drive eating – happy, sad, excited, nervous, scared...

Here are some tips to help control 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.** If you catch yourself thinking negatively or worrying, focus on more positive things in your life.



- **Be active.** Take a brisk walk, get on a stationary bike, or do some stretches. Exercise will make you feel better!
- **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 readily available.** Comfort foods don't have to be unhealthy.
- **Consider getting support.** Start with family or friends. For additional assistance, consider your clergyman or talk with your health care team.

