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.