

Change Your Mind Change Your Body: Emotional Wellness & Weight Loss®

Session 2 – Hunger and Emotional Eating

HUNGER – a need or desire for food

Stomach Hunger

Physiological – need for energy – providing fuel to the body for movement and performance and survival

Mouth Hunger

Behavioral – need to engage in the action of eating – taste, sight, smell, time of day, location

Hormonal – biochemical need signaled by the brain to compensate for additional metabolic processes, or the desire for specific nutrients due to hormone fluctuations and imbalances (food cravings i.e. chocolate, salt, sugar)

Emotional – filling an emotional need or to distract from feeling emotions

**** Complete the *Am I an Emotional Eater? Worksheet***

Emotional Eating Triggers:

stress	boredom	loneliness
self-pity	sadness	enabling
fear	self-loathing	depression
fatigue	anger	worthlessness
resentment	acceptance	rebellion
politeness	guilt	avoidance
happiness	procrastination	reward
frustration	chaos	diversion
anxiety	worry	decompression (to unwind)
agitation	disorganization	