



## Episode 140: How to Stop Emotional Eating, Eat Better and Feel Better

There's nothing wrong with having a chocolate bar as a quick pick-me-up after a stressful day at work. But when unhealthy food becomes your only way to handle difficult emotions, it can quickly become a health problem. If you're struggling with emotional eating, don't worry. This workbook will help you overcome it slowly but sustainably.

Remember: overcoming emotional eating is not just about what you eat; it's also about how you feel and manage stress. If you want to understand your food desires and eating habits better, this episode and workbook are for you.

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### Quote to remember:

***“I don't ever think the goal should really be weight loss. I think it's all about what habits, what health goals, what do I want to build out.”***

## What You Will Learn

Health tends to be your last priority when you feel too busy, drained, and stressed. Foods high in sugar and fats are a quick pick-me-up, so it's easy to go that route rather than change our habits. If you've tried making a massive change in your habits, you also know how difficult it is to maintain that shift. So try something else: 1% upgrades and compassionate pauses.

Reflect on your lifestyle. You might be emotionally eating because of various problems like stress, too much work, and even difficult emotions.

There's no need to be restrictive. If anything, massive restrictions can even hinder your progress and result in binge eating afterwards. Instead, look for incremental changes. If you tend to eat highly processed foods when stressed, think about how to make them healthier or find alternatives. When you're too busy to prepare nutritious foods, pre-select places where you can get good food instead of eating unhealthy snacks.

Completing this exercise is a kind of self-coaching. You'll assess yourself over time and look for ways to improve. By carefully observing your actions, you'll be able to catch yourself when you want to eat out of emotional hunger. The more you practice, the better you'll be at improving the way you eat.



## Activity: Compassionate Pause

**Q1. Describe your typical behaviour around food and “stress eating.”**

**Q2. Describe your typical food habits. Create a table, and list what you eat over a week.**

**Q3. After listening to the episode, what do you now understand about the difference between true hunger and emotional eating?**

**Q4. Recall a time when you ate because of emotional hunger. Describe the situation and what you ate.**



**Q5. Throughout this week, observe your moods and actions. Observe when you revert to emotional eating. In the space below, write down your reflections and feelings.**

**Q6. Let's make 1% improvements. What small, sustainable changes can you make based on your previous answers about your eating habits?**

**Q7. Reflect on the times you ate because of emotional hunger. What are your typical triggers or tripwires? In the space below, create a plan on what you want to do when they happen.**

<b>Situation</b> <i>(i.e. When I'm too busy, I order pizza)</i>	<b>What I want to do</b> <i>(i.e. I want to eat healthier options like...)</i>	<b>Backup Plan</b>

**Q8. List out some things that make you happy or help you relax.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Q9. What is an identity-based goal you have around food or diets?**

**CPD time claimed:**

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