



# Family TLC

Trusted place Canadians go for  
Family Therapy and Life Coaching

## ARE YOU AN EMOTIONAL EATER?

Test your knowledge on the myths

Emotional Eating is eating when you are a little bit hungry.	True or False
Some foods can bring on good feelings.	True or False
Distracting yourself with food is okay.	True or False
Boredom can cause people to eat.	True or False
Food will help to release stress.	True or False
People do not emotionally eat when they are happy.	True or False
Only people with weight problems emotionally eat.	True or False
Keeping a food diary can assist in breaking emotional eating habits.	True or False
Removing comfort foods from your home will prevent emotional eating.	True or False
The amount of sleep you get has no impact on emotional eating	True or False
Hunger signals are easy to recognize	True or False

## STRATEGIES TO ADDRESS EMOTIONAL EATING

- Y Remember you need to be present in the moment You need to check in with your body and rate on a scale from 1 to 10 how hungry you are.
- Y Eat when you are at a 3 and stop when you are at a 6. True hunger feels like a mild gnawing sensation in the gut.
- Y Ask yourself everyday this week “Did I emotionally eat today?” Yes \_\_\_\_ or No \_\_\_\_\_
- Y If the honest answer is No then congratulate yourself. Tell yourself “I ate because I was hungry and that is a healthy choice for me. Good job!”
- Y If the honest answer is Yes then ask yourself “What triggered my emotionally eating”
- Y Remember Emotional Eating can mean it could be anger, boredom, and stress, a feeling of no control in your life, feeling unappreciated or unattractive, feeling hopeless, or missing something that is attached to food.
- Y Devise a plan “What Will I do Instead of Emotionally Eating?”
- Y Here are some Ideas: Go for a walk, call a friend, play Wii or some other game, clean, complete a task, watch a funny video, do a craft, eat a healthy snack, or something else that you find comforting or distracting that is healthy, listen to music,
- Y Once you have a plan write something that will help build your confidence that you can break the emotional eating habit.
- Y Remember be gentle with yourself it takes time to change a habit. By paying attention to what you are doing is making a change and is leading to eating because you are hunger not because you are feeding your emotions.

**Remember you are not alone there are experience therapist at Family TLC who can help. Call now to start the intake process and get the help you deserve.**  
**[resources@familytlc.ca](mailto:resources@familytlc.ca) or 705-737-3513**

Immediate Strategies  
Long Lasting Solutions

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