

Emotional Eating

Prepared by Annina Schmid (M.A., OACCPP, CCPA, CACCF)
annina.schmid@gmail.com * 647-997-6062 * substanceusecounselling.com
“I help women recover from drinking, using, and emotional eating.”

What is emotional eating?

Emotional Eating is eating because we feel...

- uncomfortable
- lonely
- angry
- frustrated
- anxious
- sad
- bored
- unhappy
- or otherwise fed up.

Why are we eating emotionally?

When we eat emotionally, we are trying to take care of ourselves through food. We hope that through eating, we will find love and comfort.

Why is emotional eating problematic?

Emotional eating might be a helpful short-term strategy to deal with unwanted emotions, but in the long term it will create guilt and shame.

It is important to understand that **food can't fix emotions**.

I am an emotional eater. How can I stop?

First of all, **you are not alone**. According to the American Psychological Association, around ⅓ of adults eat to cope with stress.

Accept that **diets don't work**. Research shows that restricting our food intake *always* leads to binges. Eating less is not the answer to emotional eating.

Instead, **explore alternative ways of taking care of yourself**. Have you tried anything in the past that has worked? Try to do more of that!

If you are interested in creating positive change in your life, I am happy to help!

annina.schmid@gmail.com * 647-997-6062 * substanceusecounselling.com