

Emotional Eating

**Dr Laura Stewart RD
Lead Consultant**

**AppleTree Healthy Lifestyle Consultancy
www.appletreeconsultancy.com**

Relationship with Food

- ▶ All of us need to eat for energy and nutrients to keep living & to do activities
- ▶ Individually, we all have a different relationship with food



Relationship with Food - Discuss

- ▶ What is your favourite food/s
- ▶ When did you last have some of your favourite food/s
- ▶ Is food an important part of a celebration, commiseration, socialising, etc

Food as a comfort

- ▶ On a day we might call a 'bad day' some of us
 - ▶ - turn to food for a comfort
 - ▶ - stop eating
 - ▶ - don't change our eating habits at all

- ▶ What do you turn to on a 'bad day'

Process emotions

Consider different methods to help you process your emotions or difficulty feelings instead of using food

- ▶ Do something that is unrelated to eating & at the same time will calm your mind.
- ▶ Some approaches include finding another task to distract yourself such as
 - going for a walk
 - listening to your favourite music
 - gardening
 - doing some cleaning

Hunger

Reflect that being hungry:

- ▶ Is a gradual process
- ▶ Is non urgent
- ▶ Appeals to eating a balanced variety of foods
- ▶ Makes you satisfied when you recognise fullness
- ▶ Does not cause negative emotions before, during or after eating

Hunger Scale

Where on the scale?	How hungry am I?	How do you feel?
1	Starving	Hungry – Grumpy - Ravenous
2	Uncomfortably Hungry	Stomach rumbling and feeling really hungry
3	Very Hungry	I am really ready for food now!
4	A Little Hungry	Feeling peckish
5	Not Full but Not that Hungry	I can think about other things – I don't have food on my mind
6	Satisfied & Light	I could eat more but..... I have had the right amount
7	Comfortable but Slightly too Full	I am glad I stopped when I did
8	Very Full	I have just had more than I needed – I'm feeling that I have slightly over done it
9	Too Full	I am feeling uncomfortable – I have eaten too much
10	Major Celebration full	Oh I need to loosen my belt, a wee lie down is needed

Support

- ▶ <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- ▶ <https://www.nhsinform.scot/healthy-living/preventing-falls/fear-and-anxiety-about-falling/relaxation-techniques>
- ▶ <https://www.nhsinform.scot/healthy-living/mental-wellbeing/low-mood-and-depression/how-to-feel-happier>
- ▶ www.moodjuice.scot.nhs.uk
- ▶ <https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

The Raisin

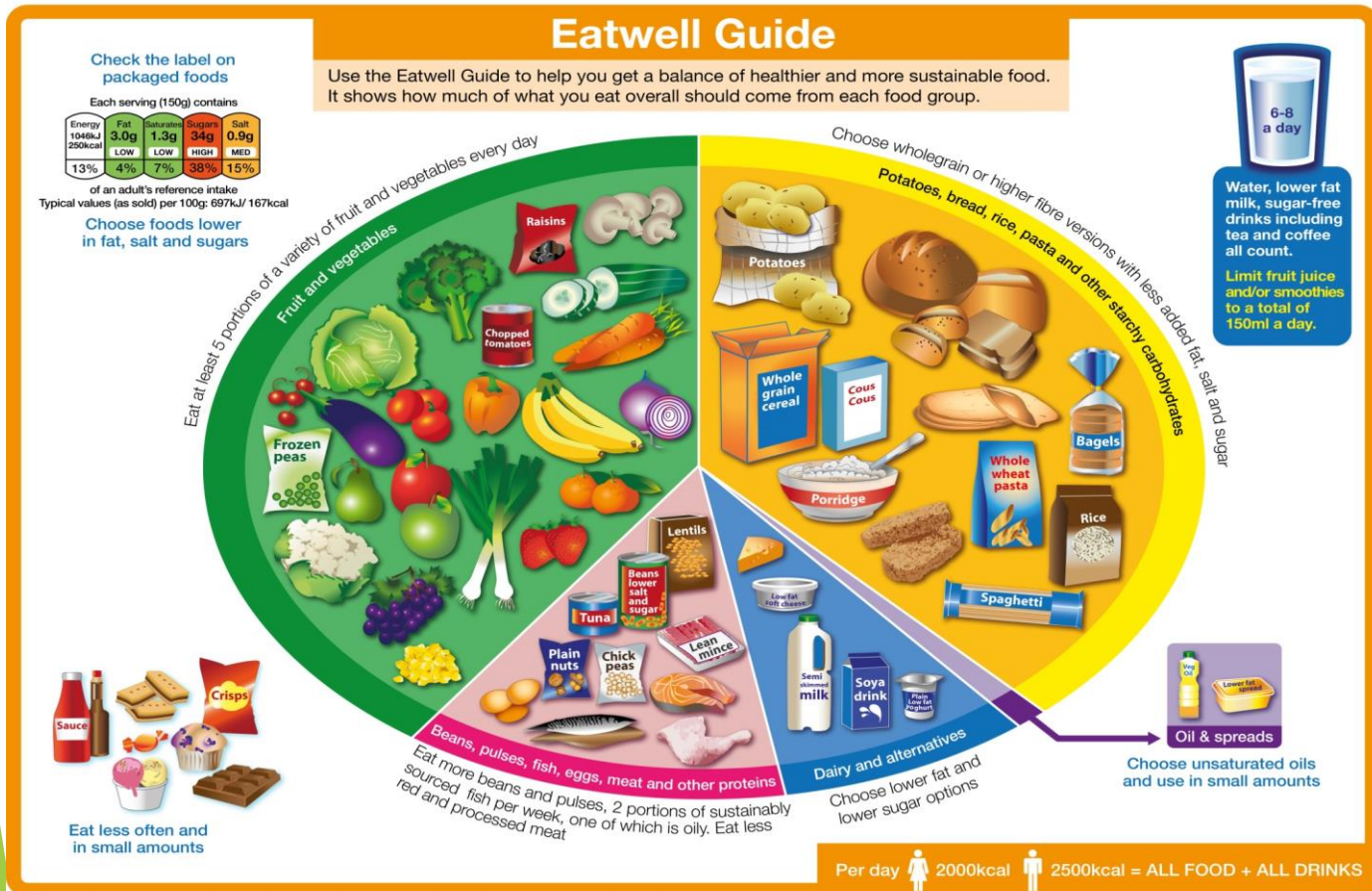
Balance



UK Advice on Physical Activity for Adults and Older Adults 2019



Meal Times



- ▶ Starchy
- ▶ Meat & alternatives
- ▶ Dairy products
- ▶ Fruit & vegetables
- ▶ Fats
- ▶ Fluid

For children from the age 5 years

NHS Inform Weight Management Programme

The screenshot shows a web browser window with the URL <https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>. The page features the NHS Inform logo and a search bar. The main content area has a background image of various healthy foods including raspberries, blueberries, almonds, salmon, broccoli, and a glass of oil. A white box contains the title "12 Week Weight Management Programme" and the tagline "Eat well. Feel well. Working towards a healthier weight." Below this, the heading "Is this right for me?" is followed by a paragraph: "Welcome to our 12 week weight management programme. This programme has been designed for adults with a Body Mass Index (BMI) of 25 or above, who want to be a healthier weight." The Windows taskbar is visible at the bottom, showing the search bar and several application icons.

12 Week Weight Manag

Search NHS inform/Services

12 Week Weight Management Programme

Eat well. Feel well. Working towards a healthier weight.

Is this right for me?

Welcome to our 12 week weight management programme. This programme has been designed for adults with a Body Mass Index (BMI) of 25 or above, who want to be a healthier weight.

Type here to search

06:47
23/04/2020

Useful Recipe Links

- ▶ <https://letsgetcooking.org.uk/lets-get-cooking-at-home/hundreds-of-recipes/>
- ▶ <https://www.parentclub.scot/recipes>
- ▶ <https://cookingonabootstrap.com/>

Emotional Eating

- ▶ © All copyrights reserved by Laura Stewart.
- ▶ The version of the presentation, without pictures, can be shared. April 2020
- ▶ www.appletreeconsultancy.com
- ▶ drlaura@appletreeconsultancy.com