

# Emotional Eating

(Created 8-14-2020)

## DEFINITION

EATING BEYOND  
FULLNESS/GRAZING

SKIPPING MEALS

LACK OF TIME  
MANAGEMENT TO PICK  
HEALTHY FOODS

FEELING GUILTY OR UPSET  
ABOUT WHAT YOU ATE

CONTINUING TO EAT OR  
SKIP MEALS EVEN WHEN  
YOU FEEL BAD ABOUT IT

## COMMON TRIGGERS

### INTERNAL

THOUGHTS  
"I'm such a failure."

FEELINGS  
Guilt, embarrassment

### EXTERNAL

BUSY  
A lot going on at once,  
chaotic

BORED  
Lots of free time and  
not sure how to use it

### BIOLOGICAL

DEPENDENCE  
Body relies on the  
surge of sugars, fats,  
salts, cravings

BRAIN-GUT  
CONNECTION  
Many foods create a  
surge in dopamine

**VIDEOS ACCESSIBLE ON YOUTUBE**



<https://www.youtube.com/watch?v=oDkHUca0X74>

Emotional Eating and Stress  
St. Lukes Bariatrics – Weight Loss  
YouTube, Feb 21, 2017



<https://www.youtube.com/watch?v=kr7Ruu7MnV4>

The science behind stress eating  
CBS This Morning  
YouTube, Aug 6, 2015



<https://www.youtube.com/watch?v=wTNIHyjip94>

Why we can't stop eating unhealthy foods

TEDMED

YouTube, Jul 7, 2016



<https://www.youtube.com/watch?v=fZS-bG9qlr0>

Dealing With Cravings And Emotional Eating After Bariatric Surgery

The Fresh Start Program

YouTube, Nov 24, 2019