

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Emotional Eating Learning Activities

Emotional eating is a relevant topic for so many, because it is easy to do. Food is enjoyable! Not only does good food taste great--it is uncomfortable to go without it. Food can be a convenient way to numb, dull pain, distract, soothe, or celebrate. However, these coping techniques do not support overall health for the long term, and can make achieving a healthy weight very difficult.

- This [article](#) written by Sherry Pagoto, Ph.D. provides excellent insight to help overcome emotional eating in 5 thought provoking ways:
 1. Name that mood.
 2. Ride the storm out.
 3. Don't empower your vices.
 4. Healthy Coping
 5. Conquering the hard times is the key to long-term success.
- Another [article](#) from Kristina LaRue, RD, CSSD, LDN offers guidance that includes:
 1. Develop a healthy relationship with food.
 2. Set boundaries with unsafe foods.
 3. Follow a structured meal plan.
 4. Learn healthy coping strategies.
 5. Seek professional advice.
- Ponder both articles and then decide how you can take one or two steps to find healthier ways to work with and manage emotion, *without* food.