

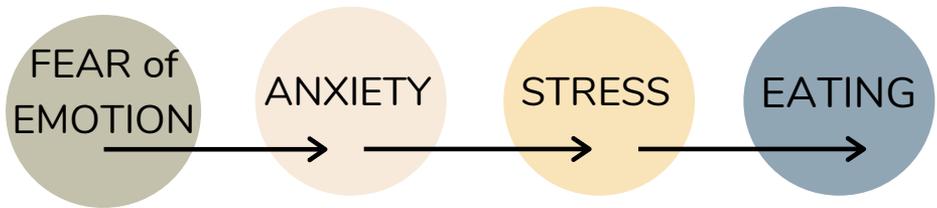


EMOTIONS AND EATING

Emotions are natural and healthy. That's right. It is normal and healthy to experience both negative and positive emotions, even if sometimes they feel uncomfortable. Why is it hard to feel emotion?

- Cultural norms
- Modeling by adults in our life
- Lack of education on how we feel and process our emotions
- Fear that we won't be able to recover from negative emotion

Fear of emotions can lead us to use food to cope.



After a long day, you finally have a moment to yourself in the evening, and when you aren't distracted by the busy-ness of life, your emotions come to the surface. You've learned that emotions are scary, and you feel fear. Fear of the emotions leads to anxiety and stress, which leads to more eating to avoid or distract yourself from feeling.

So, how to cope?

- Remind yourself that you are safe, and it is okay to feel emotions.
 - Journal
 - Note how the emotion feels in your body and follow that feeling
- Release stored emotions from the past through release writing, somatic release, and/or therapy *(see other resources for more info on these tools).
- Share how difficult it is to feel emotions with others.
- Get support and guidance from a trusted professional.