

# How To Heal Emotional Eating

## The Best Holistic Methods



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# Emotional Eating

## *The Best Holistic Methods*

*Presented By The FRED67 Community*



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## **Do you find yourself eating everything in sight after a long day at work?**

Have a hard time sticking to your diet?

Is stress taking over your life?

If so, you might be dealing with emotional eating.

This common problem affects millions of people, from teenagers to seniors. Food brings comfort. Those struggling with emotional eating use food as a way to cope with their emotions. Some feel guilt and remorse for indulging themselves, which only makes things worse.

The good news is that you can beat emotional eating and get your life back on track. It can take weeks or even months to ditch this habit, but it's worth the effort. The key is to limit stress and find your inner balance. Yoga, meditation, mindfulness, positive affirmations, and other relaxation techniques can help you deal with stress and reduce its impact. These are the new coping skills that will replace your need to turn to food in times of stress.

### ***What Causes Emotional Eating?***

Emotional eating causes people to reach for food in response to stress, guilt, anger, excitement, happiness, loneliness, or other emotional trigger. Most times, it's caused by boredom or anxiety. Some people simply try to fill an emotional void with food. Others feel the urge to eat when they are stressed or overwhelmed by work. Experts believe that emotional eating is not a disorder in itself, but a common trait of those suffering from anorexia, bulimia, or other eating disorder.

Studies have found that eating may improve the feelings of anxiety, stress, loneliness, and tension in women. Surprisingly, those who ate when angry or depressed have not experienced any changes in their mood. Researchers have also discovered that obese individuals tend to indulge in comfort food in response to negative emotions more so than individuals falling outside the category of obese.

Emotional eating has been extensively studied however its exact cause is unknown. A possible explanation is that stress and other negative emotions raise cortisol levels, which triggers the body's fight-or-flight response and curbs hunger on short term. But if stress persists and cortisol levels stay up, appetite increases. Studies also indicate that stress affects food choices, causing people to crave carbs. This explains why you feel the urge to eat chocolate and other sugary treats when you're stressed out.

### ***The Dangers of Emotional Eating***

Emotional eating is a serious problem that shouldn't be taken lightly. If left untreated, it may lead to obesity, food addiction, diabetes, and full-blown eating disorders. Before reaching for an extra cookie, ask yourself: is it really worth risking your health to hide your emotions?

Food does not fix your problems. Most times, it actually makes them worse.

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Emotional eating is a vicious cycle that won't stop unless you take actionable steps to reduce stress and balance your emotions. No pill or miracle cure can do these things. Your mind is your most powerful weapon. By changing your thoughts, you can change your life for the better and take control over your eating habits.

## **Are you ready to beat emotional eating once and for all?**

Here are some simple strategies to fight stress and calm your mind:

### ***Meditation***

The art of meditation has been around for centuries. This practice restores emotional balance, relieves painful thoughts, and boosts your confidence. It also gives you inner freedom and heals your body. For this reason, it's often recommended to those struggling with eating disorders, depression, anxiety, emotional eating, and other stress-related disorders.

Meditation can help change the story you are telling yourself and stop that little voice in your head which self-criticizes and overanalyzes. It relieves the guilt, sadness, shame, and frustration triggered by emotional eating. By meditating daily, you'll have better control over your thoughts and emotions. This healing technique can help you figure out what your triggers are and how to minimize their impact.

Emotional eating is a habit. Meditation helps break this habit by changing the way you feel about food and re-patterning your behavior. Contrary to what you may have heard, there's no need to work with a mentor or sign up for meditation classes unless you want to. It is possible to learn and master meditation on your own. The more you practice, the better you'll get at it.

Commit yourself to meditating for three to five minutes a day, then for six, then seven, then ten, and so on. Don't let yourself get discouraged by your negative thoughts. You may not be able to empty your mind at the beginning, but you'll still feel the benefits. Remember that meditation takes time to master. There is no one-size-fits-all formula for learning to meditate, so try not to be black and white about it.

With practice, you will become more mindful of food choices and control your emotions more efficiently. When you meditate, you focus on your breath and body, being present with yourself without self-criticism or high expectations. You can do it while you eat, before sleep, in the morning, or anytime you feel the need to calm down. Over time, you will learn to address the emotions around eating and enjoy healthy foods. Also, you will eat less and feel full faster.

Pay attention to how you feel and set yourself up to success. Visualize yourself succeeding. Imagine what your life will look like once you break free from emotional eating. You will not only be slimmer and healthier, but also feel more confident and self-secure. Meditation can make you a better person and help you achieve your peak potential. Write down the changes that occur once you start meditating regularly. Keep a journal to motivate you.

## **Yoga**

Yoga and meditation go hand in hand. In yoga, people can learn and develop skills that allow them to eat according to their bodies' natural cues rather than relying on emotional triggers. We are born with these skills, but they get weaker and weaker because of stress, diseases, toxic load, and other external factors.

Many wellness centers and recovery clinics offer yoga as part of their services. This centuries-old practice has been proven effective in the prevention and treatment of eating related issues. Most times, these conditions are a call for emotional healing. Yoga can help you make better food choices, find your inner drive, and learn to love your body. It also brings emotional balance and makes it easier to express yourself.

Emotional eating occurs when you're feeling denied, ignored, or repressed. Unless you find a way to express these feelings, they become stuck in your mind and body, and manifest in your daily life. Sugar cravings, poor body image, emotional eating, and chronic diseases are often caused by repressed feelings. Yoga can help you identify and fight negative emotions, and find a way to express them.

Begin with simple yoga poses that relax your body and ward off stress, such as the boat pose, bridge pose, cat pose, cobra pose, child's pose, cow pose, and dolphin plank pose. As you progress, try more complex asanas and yoga sequences. For instance, you can start with the child's pose, get into the Bharadvaja's twist, and continue with the down dog followed by the low lunge. These poses not only reduce stress, but also strengthen your core and improve your balance.

With regular practice, you will learn to stay connected to your body when feeling the urge to binge or indulge in unhealthy foods. Simple things, such as taking deep breaths and standing in mountain pose, can make you more aware of your body and give you control over your emotions. Yoga also teaches you to accept and love your body just the way it is.

This discipline can help you understand how emotional eating has served you as an adaptive function. At the same time, it will keep you fit and improve your health. Over time, you will become more confident and aware of what your body is capable of. Additionally, yoga relieves stress and promotes relaxation. These factors combined will give you the strength and motivation needed to overcome emotional eating.

## ***Positive Affirmations***

Do you ever look in the mirror and feel grateful for having a healthy mind and body, or just for being there? You're alive and well, have a roof over your head, and afford the luxury to indulge from time to time. The only thing standing between you and your goals is your mind. Negative thoughts can offset the best intentions. You can accomplish anything you set your mind to. If you really want to break free from emotional eating, you can do it. It's in your power to ditch this habit and change your life for the better.

Positive affirmations play a key role in this process. They can help you change old habits and establish new patterns.

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Focus on your strengths and embrace your flaws.

Your arms may be thick, but they're also strong.

Your legs may not as slim as you want them to be, but they're capable of getting you across the marathon finish line or taking you on walks with your friends and family. Maybe you don't have a six pack, but the belly you hate so much grew and nourished that wonderful child of yours.

Fill your mind with positive statements. This will increase your confidence and set yourself free from emotional eating.

Tell yourself each day:

- I love and respect myself
- I'm perfect and complete just the way I am
- I happily nourish my body and treat it with respect
- I choose to eat healthy and I successfully do so
- I take good care of my body by eating well
- I only eat the foods that are good for me
- I am grateful for who I am
- I accept and experience all of my feelings
- When I eat healthfully, I feel amazing
- Food is not my comfort

Repeat these things over and over until they become your mantra. Positive thoughts lead to positive actions. A winning mentality can help you break the self-destructive habit of eating in order to cope with your feelings. Repeated affirmations bring awareness of the problems you are facing, turning your weaknesses into strengths.

Practicing positive thinking will lead your mind to a state of consciousness where it accepts what you want it to believe. Eventually, you can choose just one positive statement that reflects your needs, and turn it into your personal self-empowerment mantra. Repeat that statement every time you're about to fall into temptation.

## ***Mindfulness***

All of the relaxation techniques described above have one thing in common, which is mindfulness. This concept is all about being present in the moment. Since we're talking about healthy eating behaviors, mindfulness means being aware of the foods we consume and the nourishment they provide. Mindfulness-based interventions are successfully used for treating eating disorders, obesity, stress-related conditions, and emotional problems.

Mindfulness can reduce emotional eating behaviors in more than one way. This practice lifts your mood, relieves stress, and activates brain areas associated with optimism and happiness. It also diminishes negative emotions and improves your ability to detach from them. Several studies conducted over the years have shown that mindfulness provides lasting relief from psychological distress and boosts mental health. Its role is to help people reconnect with their inner experiences and bring themselves into better balance.

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By practicing mindful eating, you will develop a healthier, more enjoyable relationship to food. The key is to be fully present when you eat and focus on the actual act of eating. De-clutter your mind, remove distractions, and be grateful for the food on your plate. Savor every bite and stop when you're full. Pay attention to your body's cues, such as hunger and satisfaction.

Yoga, mediation, positive thinking, and mindfulness are strongly connected. When used together, their benefits are huge. For instance, you can meditate while doing yoga, practice positive affirmations before eating, or incorporate your personal mantra into your daily meditation sessions. These techniques can help you build a healthier, more empowered mindset, make better food choices, and overcome emotional eating. You may also try de-stressing strategies, such practicing gratitude, painting, coloring in a mandala coloring book, or spending time outdoors. Find what works for you and make it a regular part of your life.

Okay Folks, that's it! .....

Now Please Check Out The Valuable Resources Below :-)

## ***Resources;***

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*[The Free E-Library](#)*

*[The FRED67 Community Newsletter](#)*

*[The Quiet Revolution](#)*

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