



## QUIZ: ARE YOU AN EMOTIONAL EATER?

1. You weren't hungry but you just had a second serving of dessert and you...
  - a. loved every second of it because it's a rare treat.
  - b. believe it's not your proudest moment but swear off overindulging for another week.
  - c. felt guilty and are kicking yourself for doing it... again.
  
2. You just got some amazing news; you immediately want to celebrate by...
  - a. running through the streets celebrating.
  - b. grabbing your spouse or friends and going to a nice dinner.
  - c. setting up shop somewhere comfortable with a fully stocked supply of your favorite snacks.
  
3. Your favorite time to eat is when...
  - a. you're hungry.
  - b. you're at a social event.
  - c. you're feeling bored or anxious.
  
4. Someone, your partner or friend, has you really frustrated. You release some energy by...
  - a. hitting the gym or going for a long walk or run outside.
  - b. hand-wash all of your dishes... twice.
  - c. call your finest and fastest pizza delivery shop.
  
5. It's a rainy day and you're bored stiff but don't want to leave your house or do the chores so you...
  - a. get some extra sleep.
  - b. watch a good movie with your normal meal.
  - c. pull out those yummy snacks and find something to do while you munch.



6. There are some items in your pantry that you...
  - a. always need for routine meals but nothing else.
  - b. know you shouldn't have in there but do, just in case.
  - c. will only be used when your in-laws are in town.
  
7. You're hungry. Are you able to distinguish between a physical hunger or hunger for something else?
  - a. Yes, it's always a physical hunger.
  - b. Yes, it's usually when I'm feeling emotional.
  - c. No, I don't know the difference.
  
8. If you KNOW you're hungry because of an emotional state do you...
  - a. recognize it for what it is and nourish that hunger without food.
  - b. control the portion size but eat something.
  - c. give in and eat whatever and whenever.
  
9. You popped open that bag of cookies you adore and before you know it, they're gone. Do you...
  - a. feel totally fine with it.
  - b. tell yourself it's okay and eat better later.
  - c. beat yourself up over why you just did that.
  
10. You're about to enter an emotional danger zone like a wedding, a visit from the in-laws, or there's been a death close to you, do you...
  - a. prepare with a clear healthy-eating strategy.
  - b. bring some of your favorite high calorie snacks with you.
  - c. go with the flow and if you need a cupcake to feel better so be it.

## Results

If you answered "c" to 5 or more questions, it appears as though you're struggling with your emotions. Not to worry! You are not alone, and you can overcome this cycle of emotional eating! Refer to the "Tips to Overcome Emotional Eating" resource for tips on how to address and overcome emotional eating.





# TIPS TO OVERCOME EMOTIONAL EATING

## Write It and Lose It

It's paramount that you begin to understand when emotional eating happens. Keep a journal of how you're feeling every time anything goes in your mouth. You'll begin to see a pattern, which will help you identify when you're emotionally eating. You'll have new insights into what could possibly be triggering your emotional eating. With that information you can create a healthy plan of attack! The next time that situation presents itself, you'll be prepared!

## Sleep

If you're losing sleep, you're most likely gaining weight. Sleep deprivation decreases leptin levels which is the hormone that regulates your appetite. If you can't accurately know when you're truly hungry, then you run the risk of wanting to eat when your body is already nourished. When you're well rested, you're also able to be more aware of your actions and more mindful and present with the choices you make.

## Get to Know Your Hunger

Hunger might be an old friend but how well do you truly know it? Learning how to recognize what you're truly hungry for will help you avoid eating to fulfill needs beyond what your body truly needs. When you can distinguish between being hungry for nutrients and being hungry for love, happiness, or any other emotion you'll start creating a happier relationship with food and stop emotional eating.

Tap in and if you're not feeling the physical sensations of hunger (grumbly tummy, weakness, etc.) allow yourself to experience what you are feeling. Sit with that feeling - whether it's sadness, confusion, hurt or something else - and allow yourself to feel and process the situation without food. This gets easier and easier with practice. You'll become more and more balanced because you're actually dealing with your emotions instead of burying them with food.



## How Hungry Are You?

Since you're getting to know hunger it's also great to know how to rate how hungry you are. On a scale from 1 to 10, one being starving and ten being full, try to only feed yourself when your hunger is between 1-5.

## Busy Life

We're all busy, and what an excuse it gives us! A true challenge to any healthy lifestyle is how we respond when the going gets tough. If you can excuse unhealthy habits or weight gain with a stressful lifestyle, you're setting yourself up for disaster. If you can weather a busy time in your life without forgoing healthy choices, you'll empower yourself to overcome whatever comes next without sacrificing your health or emotional wellbeing. Make it a point to always stop and eat a healthy, balanced meal while being fully present, no matter how busy you get. This mini break will work wonders for your stress levels, emotions, and your waistline!

## Stop, Drop, and Ask

It's not always easy to make the right choice in the heat of the moment but learning how to stop before you take any sort of action, drop what you're doing, and ask yourself some questions is a great place to start. Start with, "Is this going to make me feel better or worse right now?" Follow that up with, "Is this going to make me feel better or worse tomorrow?" If you can answer "better" to both questions, then chances are good that it will be a healthy strategy.

## This Too Shall Pass

Do you remember when you were a kid, and you scraped your knee, and it hurt so you cried and cried? At some point that pain went away, and you were out playing again before you knew it with the tears a distant memory. Emotions can be that way too. You can experience an overwhelming emotion so intense or scary or hurtful you'll do anything to distract yourself from it, right? Like eating. Eventually emotions subside, sometimes it's short and sometimes not, but they do subside. If you use food to help escape emotion, you're cheating yourself from discovering how strong you really are. You can endure and this emotion will pass.

## Get Support

If you'd like support in helping you overcome overeating, and learn what it is you're really hungry for learn about my [coaching programs](#) or contact us at [teamsharise@shariseparviz.com](mailto:teamsharise@shariseparviz.com).