



The Eyes of Horus

Empower your inner self to mental, emotional and spiritual solutions using Hypnotherapy and NLP

5 Tips to Stop Emotional Eating

For generations men and woman have been dieting and trying to get to their idea weight and stay there. Most find this difficult to do, while others achieve it, sometime with ease. Why is this? One of the reasons is that they get their eating under control.

One of the areas that affect most people is that they eat when they are feeling emotional. This is not true hunger rather it is emotional hunger. When you eat at this time, the body does not need the food and so will store it. Because you are emotional, then you will frequently eat those foods that are either high in sugar or high in fat.

Rather than try and work out what food to eat, the better long term solution is to get your emotional eating under control. Here are 5 tips you can use to do this:

1. **Identify** when you are eating because of emotions. This does not have to be negative emotions like anger or frustration. You may be one of those people who eat because you are bored. Maybe you are the person who eats when happy. To identify your eating patterns, get a journal and write down how you feel before you eat anything and then after. Also include whether you feel starving, hungry, full or over full either before or after you eat.
2. **Decide** if you want to keep this behaviour. This is important as you have choice in everything, even if you do not recognise it. This is step will enable you to make changes if you want. If you decide I want to change this behaviour then your subconscious will take note and begin to help you make the changes.
3. Decide on a **new** behaviour you will do instead when you feel those feeling that have been causing you to eat. If you do not know what you want to do, then you will not be able to make the change. An easy behaviour to use is to have a drink of water when you feel emotional and that will change your behaviour and make you hydrated, which is always a good thing.
4. **Find** someone who can support you to make the change and stop eating when the emotions kick in. When you are supported it makes it easier to keep to your commitment or decision.

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Page 1



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5. **Release** the emotions from the body by identifying where it is and imagine it disappearing and then replace it with calmness or comfort.

Following these five tips will assist you to move forward as you gain control of your emotional eating. Remember point 5 because if you do not release your feelings, then it can be harder to get the emotional eating under control.

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Page 2