

## **5 Common Triggers For Emotional Eating**

People who emotionally eat are typically triggered by different things. Everyone has their own specific trigger, whether it's an emotion, person, event, or situation. When those emotions send you running for food, the likelihood of overeating is great. When faced with a triggering situation, it can lead to a serious binge.

You won't solve emotional problems by eating through them, instead, you have to identify your emotional food triggers so you can start to manage them more effectively. You can learn to cope with those feelings in a healthier way, but before you can do that it's worth understanding five of the most common triggers for emotional eating.

### **1. Anger**

Anger is a common emotional trigger and dealing with those feelings by eating isn't going to solve the problem.

Food is an easy distraction when you're dealing with painful emotions. It's important to remember that it's a temporary solution.

You may eat the anger away now, but it will come back. When it does come back, it will likely come with the shame and guilt from overeating. Deal with your anger directly and address the source calmly. If you can't speak about the anger, take it to your journal. You can also try physical activity to burn it off.

### **2. Stress**

Stress and anxiety mingle together, they're common triggers for emotional eating.

Sometimes, reframing a situation helps. When situations are stressful it's natural to want to find a way to cope through that stress. But how you view the situation will dictate how you respond, and responding rather than reacting is key. Some stressors are motivators, while chronic stress can tear you down and lead to emotional overeating.

### **3. Fear**

Fear can trigger emotional overeating and before you can face up to your fears, you have to understand where they're coming from. Some people are afraid of gaining weight, so they fall into a cycle of overeating to compensate for starving themselves before that.

Some people end up overeating due to the emotional fears that come with failure, success, and change. It takes hard work to overcome those fears and which can be paralyzing. Yet, understanding how fear is triggering you is vital.

### **4. Sadness**

Sadness is a common human emotion and unfortunately, food is an effective distraction from those feelings. It can provide you with comfort in that moment, but it's temporary and can leave you feeling worse later.

A better coping tool for sadness is using exercise as a means to work with the sadness. Whether it's swimming, walking, a strength training class or meditating, exercise will provide you with those feel-good chemicals without the unnecessary negative health impacts of overeating.

That doesn't deal with the source of your emotions, of course, you still need to address your sadness directly. However, there is a great benefit to re-focusing yourself in the moment to avoid emotional eating.

## **5. Loneliness**

Loneliness and overeating are, unfortunately, close friends. Whether you just started a new job, moved somewhere new, or the realities of adulthood are impacting your friendships, loneliness can be a clear and present danger to provoke emotional eating.

You have to put yourself out there to make friends and build social connections. That can be difficult if your self-esteem is low because you've been caught in a cycle of emotional overeating. You may feel compelled to avoid the activities that would help you and instead continue the cycle of emotional eating.

### **Final Thoughts**

Food is only temporary relief and as good as it may feel in that moment, it's delaying the inevitable. You're putting off your efforts to find a positive, permanent solution.

Learning to identify your triggers for emotional eating is important, but it's just as important that you take the next step in understanding how to manage those triggers. You can start a journal where you record your emotional eating and describe the events of the day in the lead-up to that behavior.

The more frequently you do this, the easier it will be to get a clear view of what is causing certain emotions and what may be triggering those bouts of emotional eating.

Some people have a better idea of their emotional triggers and don't need a diary, that's fine, too. You can build on your self-awareness levels by self-reflecting at the end of each day to get in tune with those triggers and how to better cope with them.

## **Seek Support**

And, last, but not least, having a support system that can help you navigate those emotions and provide guidance in releasing them and creating new more empowering ones, can be key to making your desired changes.

Healing Hypnotherapy's Hypnotherapy Mind Coaching is here to help you navigate and guide you to the results you desire.

### **Here are some links to get you started:**

Website: [www.HealingHypnotherapy.com](http://www.HealingHypnotherapy.com)

Inquiry form:

<https://healinghypnotherapy.com/how-can-we-help-you/>

Email: [Jackie@JackieFoskett.com](mailto:Jackie@JackieFoskett.com)

Phone or text: [425-941-2051](tel:425-941-2051)