



# EMOTIONAL EATING

Presented by



# ABOUT

## Our Mission



Positively impact lives through passion, technology, and constant evolution.

***FX Well*** brings the best people in the world to you to help your population become engaged. From personal trainers, dietitians, physical therapists, and massage therapists, our TEAM is here to deliver world-class solutions to achieving better health because we understand that people are on a lifelong journey to be great at the things that matter most to them.





# About Me

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**Education:** BS in Criminology, MA of Arts, PhD in Nutrition & Human Performance

**Certification:** RDN, LD, CWPC

**Specialty:** Focus on health promotion in all age groups through nutrition and lifestyle management.



# ICEBREAKER

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When do you usually  
crave comfort foods?

When I'm  
**tired**

When I'm  
**happy**

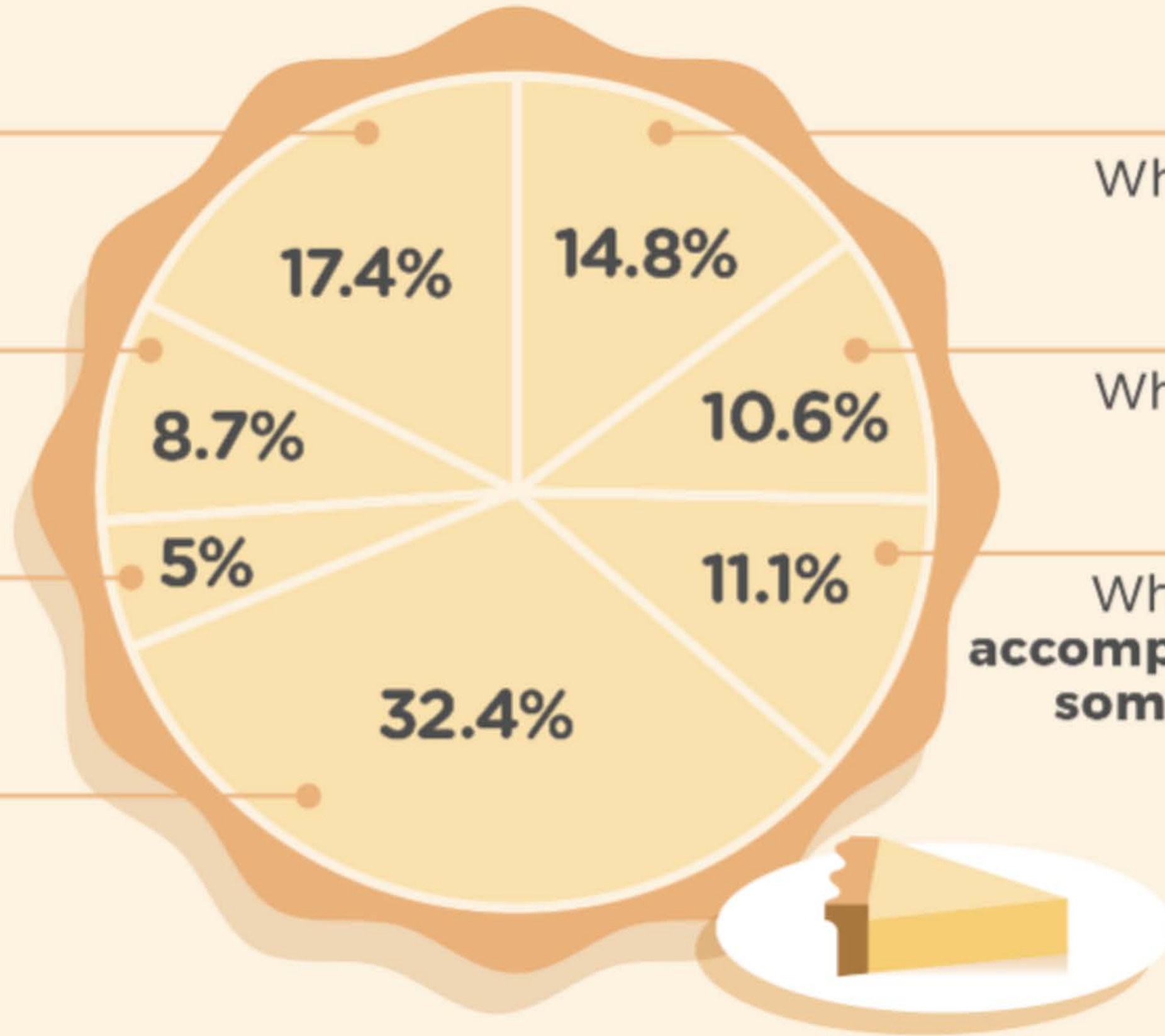
When I'm  
**lonely**

When I'm  
**sad**

When I'm  
**homesick**

When I've  
**accomplished something**

When I'm  
**stressed**



# Overview



- 1 Define Emotional & Stress Eating
- 2 Science of Mental Health & Nutrition
- 3 Mindful Eating to Combat Stress Eating Patterns
- 4 Actionable Strategies
- 5 Nutrition Priorities
- 6 Activity
- 7 Q & A

# EMOTIONAL & STRESS EATING



# WHAT IS EMOTIONAL EATING?



Eating in response to **emotions & feelings** other than hunger

- Eating at Someone (You Made me Do This)
- Eating to Distract
- Eating to Feel Better
- Eating out of Boredom
- Eating out of Habit



Not all Emotional Eaters have an Eating Disorder



# STRESS EATING CYCLE



# COMFORT EATING: EXPLAINED

Different for  
Everyone

Positive Memories  
& Nostalgia

Triggers Dopamine  
Response

Gives us Certainty  
& Routine

Gives us  
Social Connection

Enjoy in  
Moderation



# SCIENCE OF MENTAL HEALTH & NUTRITION



# NUTRITION & MENTAL HEALTH

## OVERVIEW

### NUTRITION FOR COGNITIVE FUNCTION

- Malnutrition is related to **reduced cognitive capacity** in elder adults
- B-Vitamin deficiency associated with cognitive impairment
- **Omega 3's** help prevent cognitive decline

### MOOD, ENERGY & ANXIETY

- Serotonin = **Happy Hormone**
  - 90% is produced in the gut
  - Production = influenced by many factors (sleep, exercise, nutrition)
- Diets excessively **high in sugary foods** can negatively impact mood & energy (blood sugar spikes, lack of nutrient density)
- **Ultimately, nutrition choices & eating patterns impact our mood management capacity, energy levels & may impact long term mental health**

# WHY DOES EATING FEEL SO GOOD?



## BODY PHYSIOLOGY

- Our brains generate a **dopamine response** - contributing to the pleasure response we feel when eating



## HIGHLY PALATABLE FOODS

- Contribute to a dopamine response as well as difficulty with portion control
- Typically are calorie-dense, with added fat, salt & sugar
- Repeated excess consumption can contribute to habit formation & the feeling that we are “addicted” to food

# TAKE NOTICE: FOOD & FEELINGS

## Take Notice of the Effect Food Has on Your Feelings

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- ❓ What is the function of the food you are eating?
- ❓ How do you feel before & after?
- ❓ What emotions are you experiencing?



# MINDFUL EATING



# MINDFUL EATING

## The Opposite of Distracted Eating



### MINDFULNESS

- Complete awareness of your thoughts, emotions experiences from moment-to-moment



### MINDFUL EATING

- Paying attention to the foods that you are eating and knowing how they make your body feel





# MINDFUL EATING

## PRINCIPLES



### MINIMIZING DISTRACTIONS WHILE EATING

- Savoring Foods  
Taste & Textures
- Experiencing Food  
with All Five Senses



### EATING SLOWLY & CHEWING THOROUGHLY

- Taking Smaller  
Bites or Setting  
down Utensils  
between Bites
- Practicing  
Gratitude



### PAY ATTENTION TO BODY'S HUNGER CUES

- Acknowledge  
Feelings about or  
Responses to  
Various Foods  
without Judgement



# **MINDFUL EATING**

## **BENEFITS**

Research Demonstrates that Mindful Eating Can:

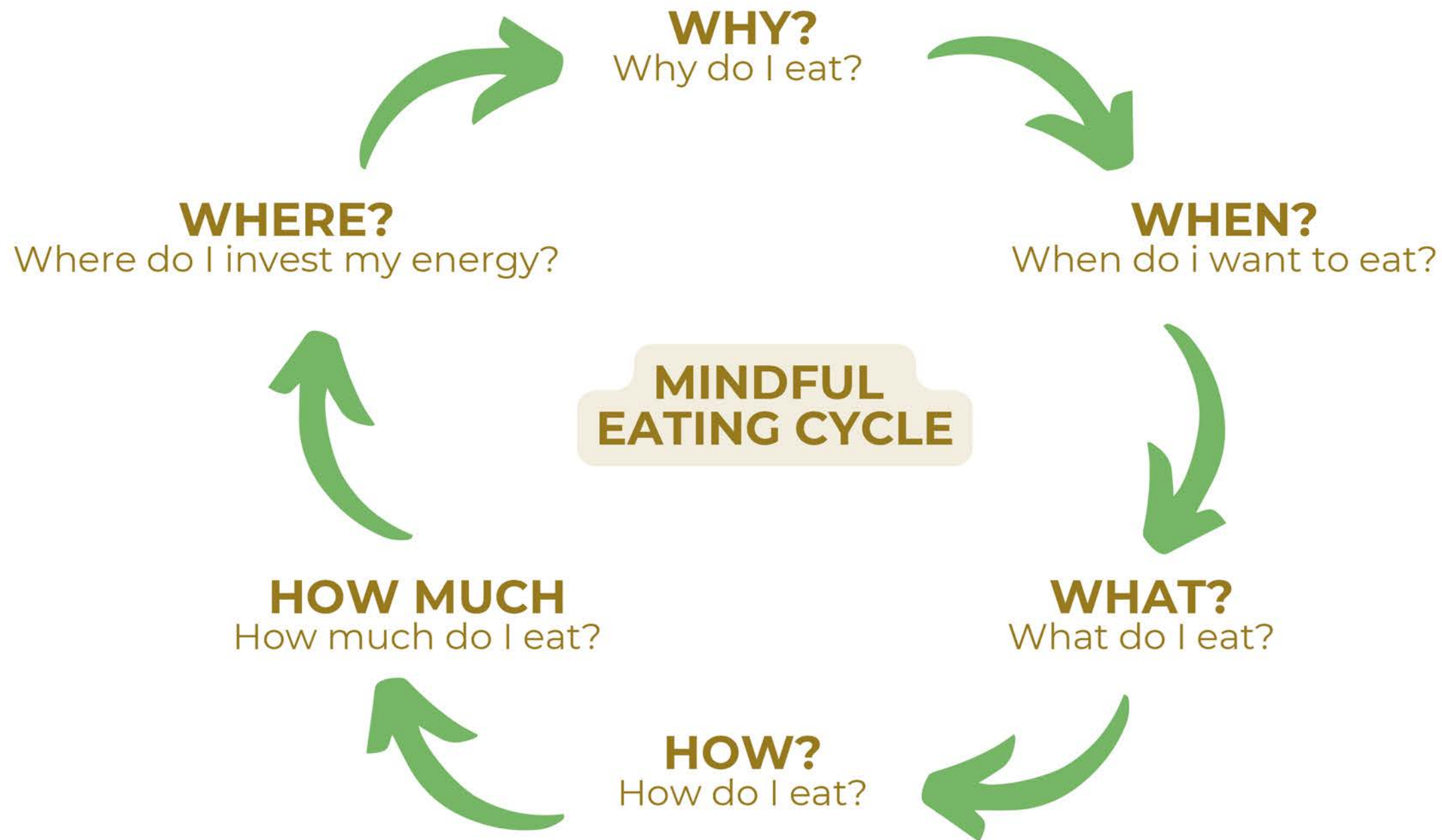
**Improve Eating  
Behaviors & Diet Quality**

**Protection against  
Chronic Disease**

**Support a Healthy  
Relationship with Food**

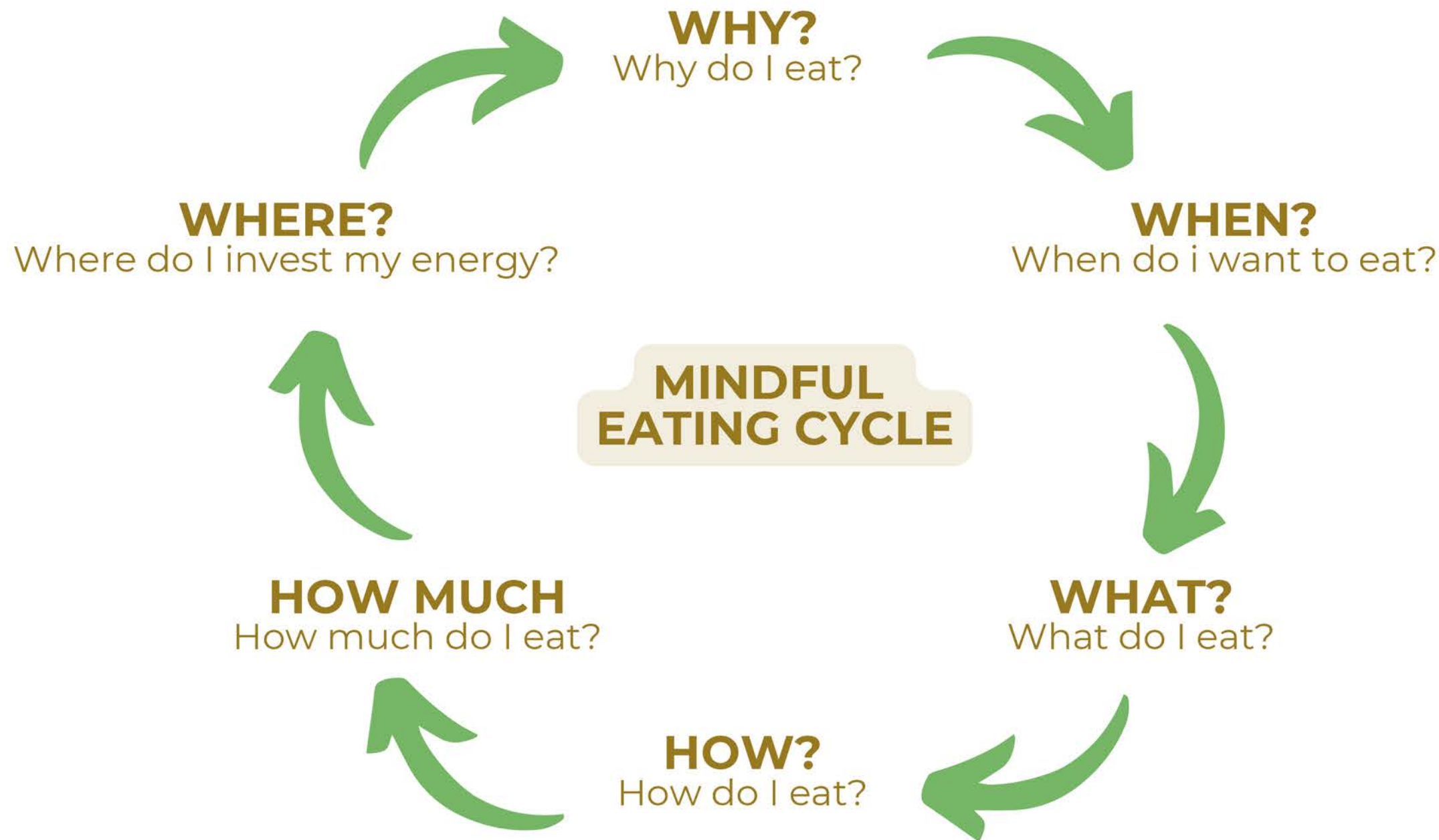
**Increased Success with  
Weight Management as  
a Side Effect**

# MINDFUL EATING CYCLE



- ? Why Do I Eat?**  
Explore your eating triggers for physical or psychological reasons such as hunger, fatigue, stress or boredom.
- ? When Do I Want to Eat?**  
Does your answer depend on the clock, physical hunger cues or emotions?
- ? What Do I Eat?**  
Examine the factors you consider when choosing food, such as convenience, taste, comfort & nutrition.

# MINDFUL EATING CYCLE



- ? How Do I Eat?**  
Is eating rushed, mindful, distracted or secretive
- ? How Much Do I Eat?**  
Is quantity being decided by physical fullness cues, plate size or habit?
- ? Where Does the Energy Go?**  
How is the energy used during work or play? Is it invigorating? Does it cause sluggishness or lead to guilt & shame?

# EATING WITHOUT DISTRACTION



Eat at the Table



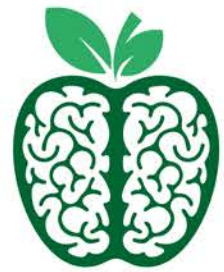
Count your Chews



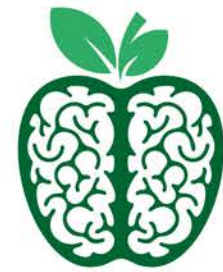
Turn Off the TV



Breathe



Put your Phone  
Away

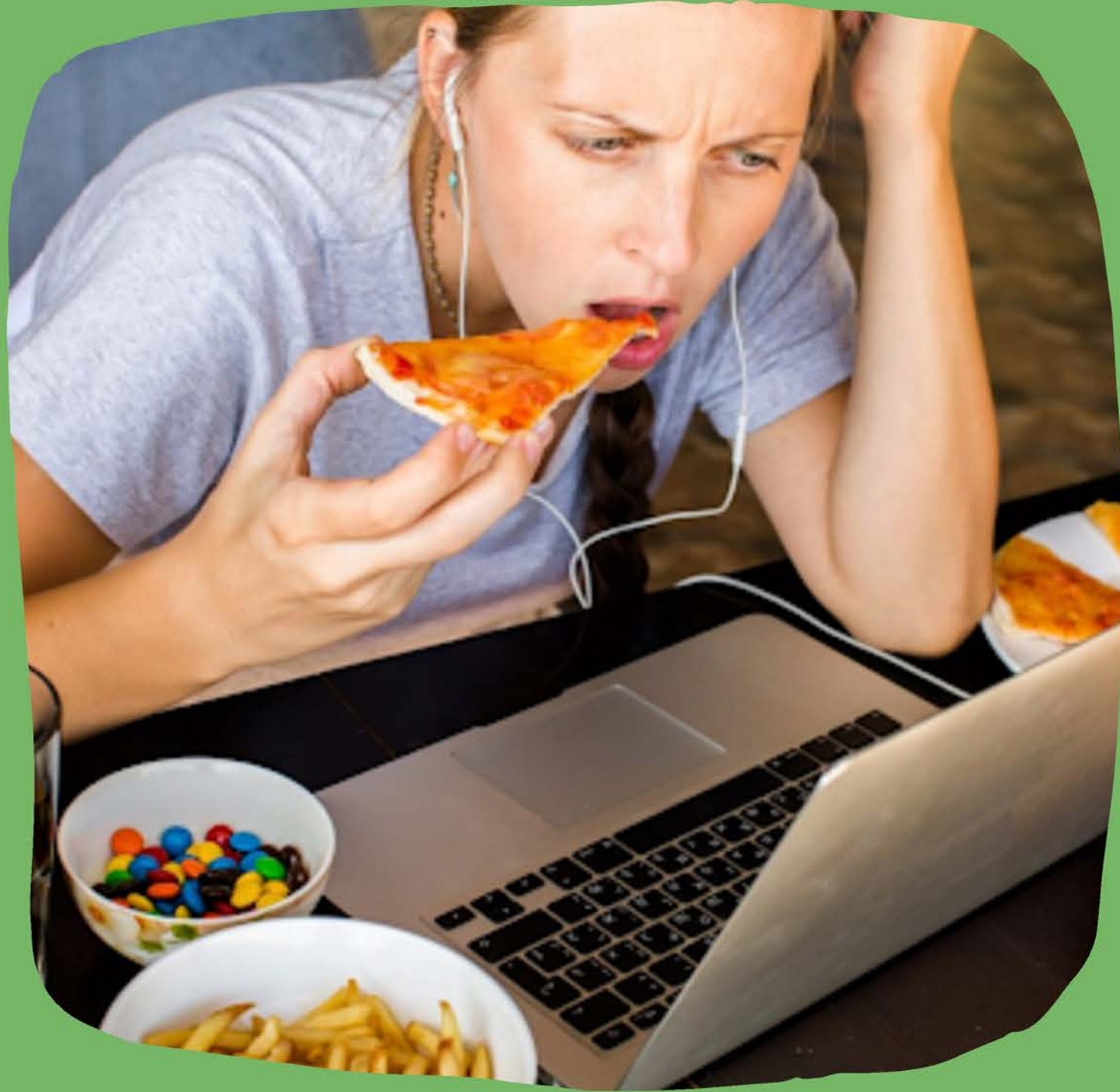


Drink Water



Pay Attention







# NOTES ON DIETING

## Why Dieting Doesn't Work

- Traditional diets tell you to **IGNORE** your natural hunger & fullness signals that work so well!



# ACTIONABLE STRATEGIES





# HOW TO START EATING MINDFULLY



There are several principles of mindful eating that can help you get started:

- **Choose foods that:**
  - Bring you mental satisfaction
  - Make your body feel good physically
  - Using “gentle nutrition” for good health
- **Create a pleasurable eating environment**
- **Slow down & savor your food while eating**
- **Listen to your body**
- **Listen for signs that you need to hydrate**
- **Practice gratitude**



# THE ART OF LISTENING TO YOUR BODY



- **BEFORE EATING, ASK YOURSELF**

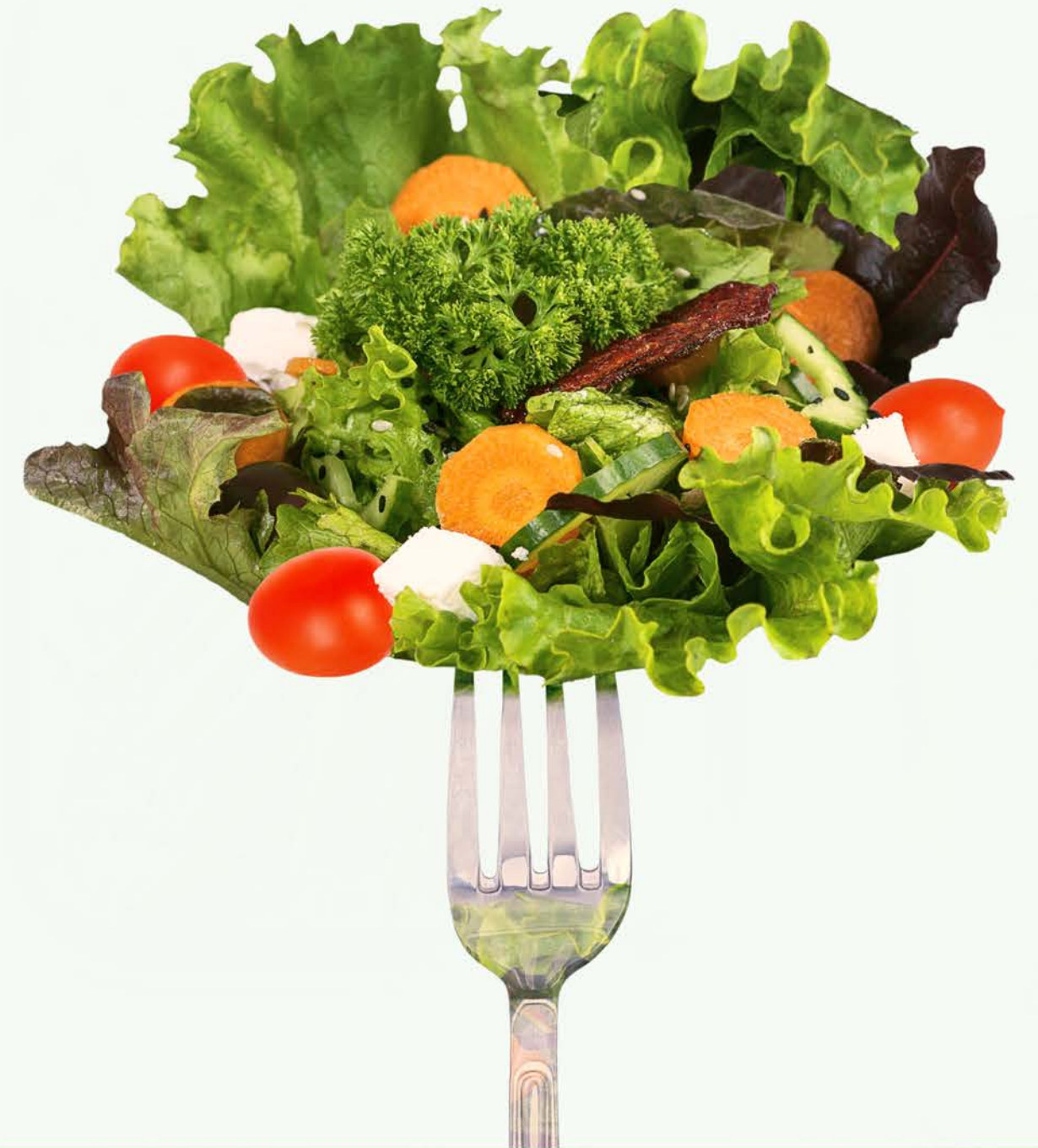
- How are you feeling?
- Are You Hungry, Happy, Sad, stressed, Anxious?
- Does being aware of your feelings affect the food choices you make?

- **WHILE EATING, ASK YOURSELF**

- Are you focusing on what is in your mouth instead of the next bite?
- Are you truly tasting your food?
- Are you getting full? How do you Know?

- **AFTER EATING, ASK YOURSELF**

- How full are you?
- Also, notice how long it takes for your to feel hungry again



# HUNGER & FULLNESS CUES



Use the Hunger & Fullness Scale

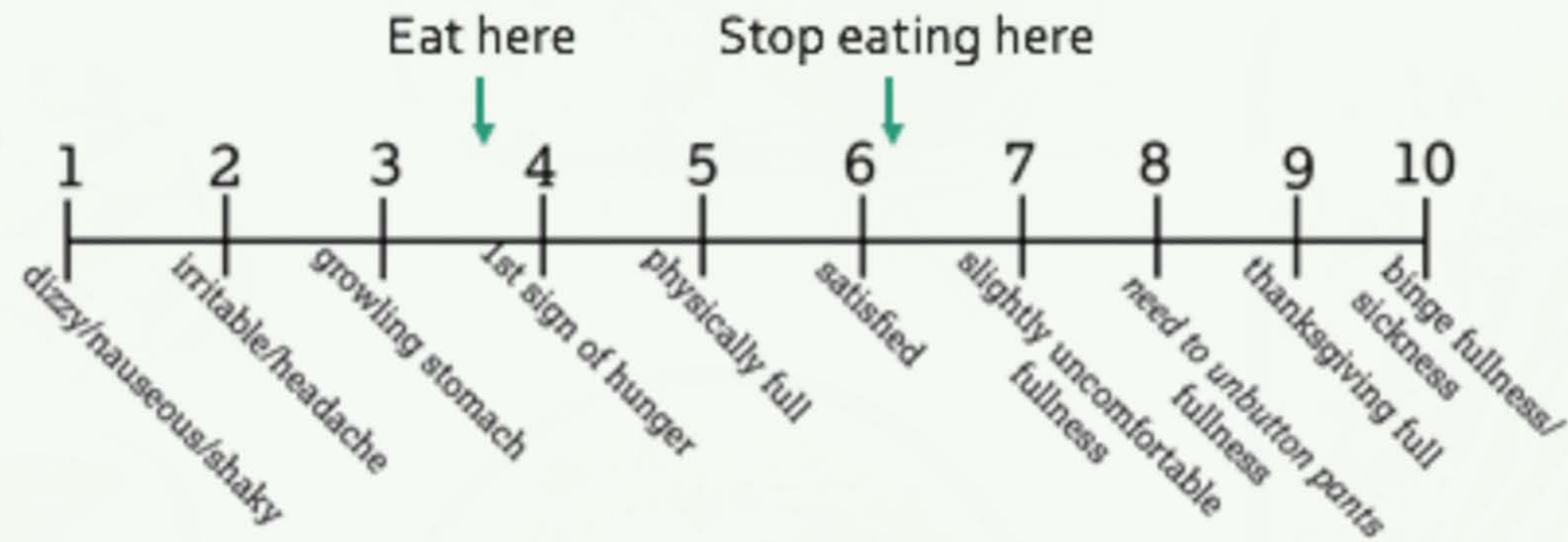


Photo credit: ImmaEatThat

**BOTTOM LINE:** Eat when you're hungry and not when you're not hungry!

# NUTRITION PRIORITIES





# What about Nutrition Choices?

Evidence indicates that there are several nutrients that can impact our ability to handle stress and impact both our energy and mood:

**Complex Carbs**

**B Vitamins**

**Healthy Fats**

**Magnesium**

**Vitamin C**

**Calcium**

**Potassium**



# Nutrient Recommendations

## Explained



### Complex Carbs

Carbs prompt the brain to make more serotonin, and high-fiber complex carbs take longer to digest, leading to longer lasting energy



### Healthy Fats

Specifically unsaturated Omega 3 fats have been found to lower inflammation buildup, helping the body to navigate the body's natural stress response and prevent chronic stress buildup



# NUTRIENT RECOMMENDATIONS

## Explained



### Vitamin C

May curb levels of stress hormones & help moderate blood pressure



### B Vitamins

Contribute to serotonin production



### Magnesium

Provides nourishment to the nervous system



### Calcium

Nourishes the nervous system, and evidence indicates a positive impact on anxiety management



### Potassium

Effective for blood pressure management and may also curb the stress response



# NUTRIENT RECOMMENDATIONS

## Food Sources

### Complex Carbs (Fiber)

- Fruits
- Veggies
- Whole Grains
- Beans
- Legumes

### Healthy Fats (Omega 3)

- Fatty Fish
- Walnuts
- Flax
- Chia
- Hemp
- Algae-Based Supplements

### Vitamin C

- Strawberries
- Citrus
- Bell Peppers
- Kiwi
- Brussel Sprouts
- Broccoli
- Potatoes

### B Vitamin Complex

- Whole Grains
- Meat
- Dairy
- Eggs
- Legumes
- Nuts & Seeds
- Leafy Greens
- Fruit

### Magnesium

- Whole Grains
- Legumes
- Nuts & Seeds
- Leafy Greens

### Calcium

- Leafy Greens
- Dairy
- Fortified Foods

### Potassium

- Avocado
- Spinach
- Bananas
- Potatoes
- Legumes
- Citrus
- Fish





# TAKE HOME EXERCISE

## Try a 20 Minute Meal Journal



Utilize the Hunger Scale before, during and after your meal



Aim to reach at least 20 minutes duration for the meal



Specify at least 3 emotions you feel throughout the meal



Try expressing gratitude





QUESTIONS?



# THANK YOU

for joining our webinar!

We are on a mission to **positively impact lives through passion, technology, and constant evolution** that truly drives lasting change in your well-being.

We value your feedback and would be **grateful** if you could spare **5 minutes or less** to answer a short survey about your recent experience with us!

