

Tips for Emotional Eating

Use the strategies below to change the way you deal with emotions. Look at the examples listed. Can you think of others?

Strategy	Example
Stimulus control	Keep snack foods out of the house during periods of chaos.
Restraint	Limit food consumption when socializing and feeling elated.
Alternative behavior	Learn relaxation techniques.
Social support	Give a family member or support person a call to cope with feelings of hopelessness.
Compensatory planning	Plan ahead to eat carrots or fat-free cookies instead of cookies during periods of
Alternative thoughts	Distract yourself by thinking about work, travel plans, or other issues instead of eating when lonely.
Thought consequences	Think about long-term consequences of overeating on general health.