

Reducing Emotional Eating

This can be a stressful time for all of us. The adjustment to our daily routine, lack of social interaction, more free time and many unknowns can often lead to us filling time with unhealthy habits. Mindless snacking, excuses to not be physically active and disruptions to our normal sleep habits can add to our anxiety/stress.

Here are some tips to keep you focused, healthy and goal oriented while spending your time at home.



Create a routine. Routine helps keep us focused, centered and feeling in control. Set a wake-up time, schedule out your work, fit in some physical activity, and stick to a set bedtime. Sticking to your normal meals times is also important.



Keep your hunger in check! Being able to recognize the true signs of hunger is important. Many times, when we are bored or stressed, we find ourselves reaching for snacks. It's important before you snack that you ask yourself if you are hungry. If you just ate a meal an hour or two before and you don't feel a rumble in your stomach, then you're most likely not hungry. Try a glass of water and see if the feeling passes.



When you do snack make it healthy. Here's a list of some quick and healthy snacks

- Create your own fresh vegetable mix – I usually opt for carrots, celery, broccoli and cucumbers. Add 2 tbsp of dip or ranch dressing.
- Fresh fruit – apples, pears, bananas etc.
- Handful of nuts – Almonds, walnuts, pistachios, peanuts all pack a lot of protein and nutrients. If you buy from the bulk section, you can score a great deal. Add some raisins or cranberries for a little sweetness.
- Snack wrap – Whole grain tortilla with ¼ cup black beans and ½ oz. shredded cheese.
- Yogurt and Frozen Fruit – Try different flavors of yogurt with fruit combinations. The frozen fruit section can be a great place to add variety to your daily diet.
- When you do have a snack do not do it right out of the container. Portion out your snacks so you don't overeat.



Get Active! - Physical activity is a great way to ease boredom, breaks up your day, increase a positive mood and keeps your body healthy. Go for a walk or run, try a bike ride, yoga, or dance. Get creative with your movement and have fun!



Socialize from a distance – Social connections are so important for our mental health. Reach out to some friends, form a movie watch group, create a physical activity group challenge or use technology to have some much needed "Face Time".



Stay Hydrated! - Staying hydrated not only helps your body stay healthy it can keep you feeling full longer.



Prevent Boredom – Try a new hobby, work on an old skill, pick up a book, set a new goal for yourself, organize your living space.

Even through a difficult time it is important to remember our health. Make yourself and your health a priority during this time by staying mindful and reducing emotional eating.