



START NOW

Typical reasons for hunger



Physical and emotional Reasons for overeating



EMOTIONAL HUNGER

Vs

PHYSICAL HUNGER

- Sudden onset
- Intense craving for it to be satisfied immediately
- No physical hunger symptoms
- Accompanied by craving for a specific food or foods
- Cravings for junk food, sugary or fatty foods
- Comes even after just eating a meal
- Cannot be satisfied by a full stomach
- No control of whether one chooses to eat or not
- Eating behind emotions accompanied by shame, guilt, powerlessness and loss of control

- Onset is gradual
- No intense urgency to eat
- Physical symptoms of hunger:
 - Empty stomach
 - Stomach growling
 - Headache
 - Light-headed feeling
 - Grumpiness
 - Lack of energy
 - Shakiness or weakness
- No specific intense cravings, open to eating a variety of foods
- Not triggered soon after eating a meal
- Satisfaction is felt when full
- No loss of control, you eat as needed and called for by the body
- Not associated with negative emotions - eat to live



Reasons for physical hunger

- Not drinking enough water
- Not sleeping enough
- Chronic stress
- Too restrictive diet; not eating enough
- Grazing all day long
- Unbalanced diet
- Low nutrient diet
- Mindless eating
- Some medications increase hunger
- Candida overgrowth
- Hormonal imbalance



Other reasons for hunger - habitual

Habitual eating

- You had to clean your plate when you were a child.
- Your parents, grandparents comforted or rewarded you with food, or you always celebrated with food.
- When you got home from school you always had something sweet (e.g. cookies) for a snack. Now every time you get home from work you crave something sweet.
 - You need to eat something when you watch TV.

Hedonic overeating

The food is so tasty you don't want to stop eating it. It is fine to overeat on special occasions when the food is so delicious you don't want to stop. However, if you do it all the time and it leads to weight gain that you are not happy with you need to diversify your joy.

Find other activities that give you pleasure other than food. Make a list of things you like to do and when you feel like eating when you are not hungry just for the pleasure, look at your list and find something else to do.



Reasons for emotional hunger

FEAR OF CHANGE

- I can't eat my favorite foods anymore.
- I can't go out with my friends if it involves eating together.
- I won't be able to keep the weight off and people will laugh at me.
- People will treat me differently when I'm slimmer (my overweight friends will not like me anymore).
- I will have to finally find a partner. I won't have the excuse of being "too fat and nobody likes me" anymore.
- I can't suppress my bad feelings with binge eating, I will have to face my feelings, problems and will have to find a solution for them.
- I will not have the excuse "I'll do it when I get thin" available for me anymore
- Sometimes women try to protect themselves from a past (sexual) trauma by growing a "protecting" fat layer, so men wouldn't see them desirable anymore.

by Anna Kang illustrated by Christopher Weyant

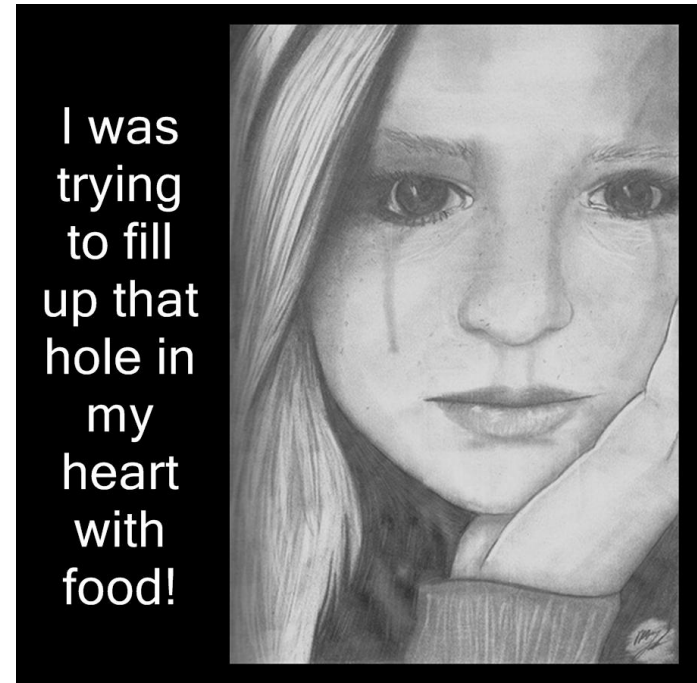
I Am
(Not) Scared



Reasons for emotional hunger

FILLING A LACK WITH EATING

- Lack of love,
- lack of attention,
- lack of self-worth, self-confidence
- loneliness,
- boredom, monotony (lack of excitement, goals, passion),
- lack of sleep (you are tired),
- lack of coping mechanisms (stress, nervousness, anxiety, worry).



Reasons for emotional hunger

ANGRY/STRESS EATING

- You need to chew on something constantly because you can't say something that you want to.
- You always need to eat something after an argument or fight to release the pressure.
- When you are stressed, you crave food, you want to chew something.

Research shows that if you crave soft, creamy, comforting foods (cakes, ice cream, peanut butter), most likely you eat to fill a lack in your life. However, if you crave crunchy food, such as chips, peanuts, cookies, pretzels, you eat from anger or to suppress something you would want to say.



Reasons for emotional hunger

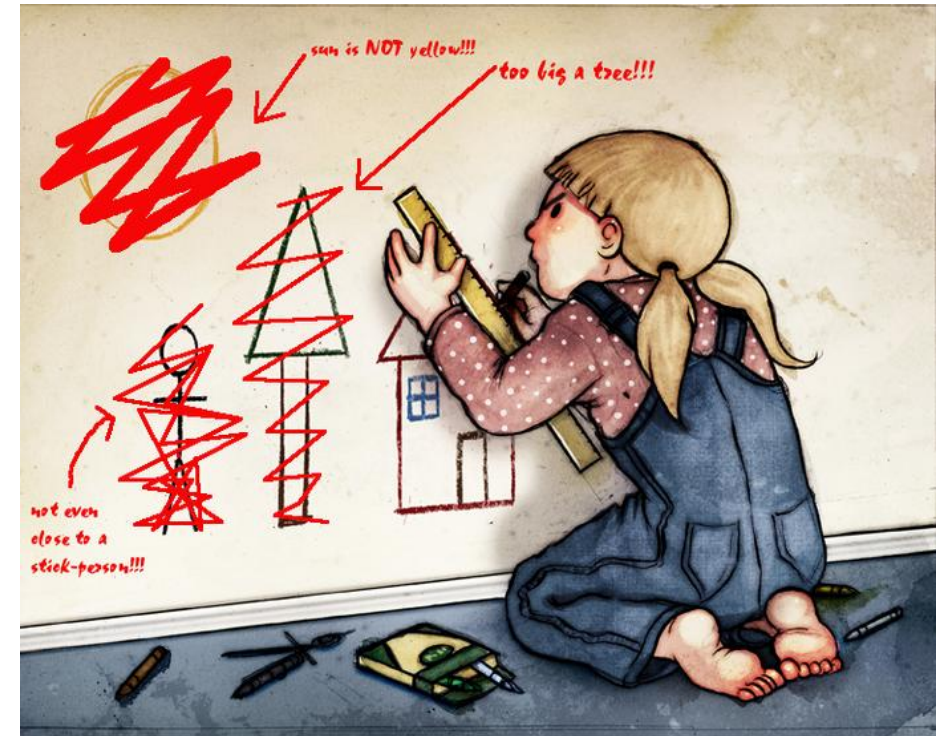
PERFECTIONIST MINDSET

You ate something that you didn't want to/"shouldn't" and you feel like you might as well eat whatever else you didn't let yourself eat before because your diet is ruined anyway.

You will start your diet tomorrow or on Monday again. The last supper effect. You make up for all lost opportunities in the past and in the future too. Tomorrow you can't eat this food again.

You binge on the forbidden food.

You might feel like you are a failure. You eat again to feel better.



Perfect < Consistently imperfect

100 %	0 %	80 %	80 %
month1	month2	month1	month2



Homework

Take time this week to really pay attention to your habits and triggers.

Pause before you start eating and breathe in and out six times. Studies have shown that pausing and breathing before eating will reduce the amount of food you eat.

Try the 5-5-5 breathing exercise mid-binge or before you start to eat. Breathe in for 5 seconds, hold it for 5 seconds, and breathe out for 5 seconds.

Start to notice the habits and triggers that set off your “hunger button”. Do this often enough and you won’t need to employ any willpower to eat less, just awareness.

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