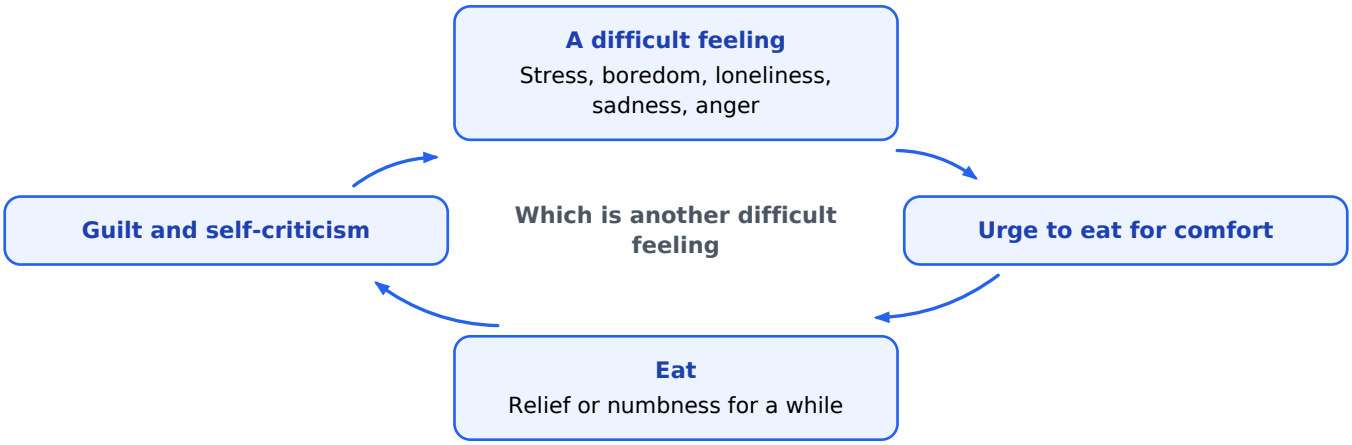
Eating to cope with feelings

Notice when you eat for comfort, and what else might help.

Name _____ Date _____

Almost everyone eats for comfort sometimes. It becomes a problem when food is the main way of coping, and is followed by guilt.



Two kinds of hunger

Physical hunger

- Builds gradually
- Felt in the stomach
- Open to different foods
- Stops when I am full
- No guilt afterwards

Emotional hunger

- Comes on suddenly
- Felt as a craving in the mind
- Wants one particular thing
- Hard to satisfy
- Often followed by guilt

Noticing the pattern

When and where	What I was feeling	What I really needed (rest, comfort, company, a break)	Another way to get it

Things that help

- Eat regular meals. Getting over-hungry makes everything harder.
- Pause for five minutes first. Ask: "What am I feeling? What do I need?"
- If you do eat, do it without the telling-off. Criticising yourself keeps the cycle going.

If eating feels out of control, or you are restricting, bingeing or making yourself sick, talk to your GP. Bodywhys (bodywhys.ie) offers support in Ireland.

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