

Your Moods Can Affect How You Eat



When you're stressed out or sad, do you reach for a bag of salty potato chips or a pint of your favorite ice cream? By recognizing emotional eating, you can begin eating mindfully instead of meaninglessly.

Recognize stress eating and be in charge.

You can take steps to control cravings. To help stop emotional eating, try these tips:



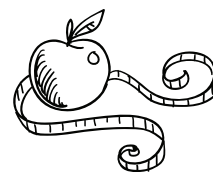
Put it in writing.

Write down what you eat (whether it's in a notebook, on your computer or an app on your smartphone), when you eat, how hungry you are, what you're feeling and why you're feeling it. Over time, you might see patterns that reveal the connection between mood and food.



Do a substitute activity.

Distract yourself and your craving by substituting it for a healthier behavior. Are you feeling tired? Try a hot bath or a cup of warm tea. Anxious? Take a walk with your dog or a friend. Bring stress levels down with activities that match the intensity of your emotions.



Snack healthy.

A fool-proof way of limiting unhealthy foods is not having them around to begin with. Make a conscious effort to fill your kitchen with good-for-you snacks. Craving something sweet? Try a piece of fruit or lower calorie versions of your favorite foods.



DETERMINING YOUR BODY MASS INDEX

Determining how much you should weigh is not a simple matter of looking at a height-weight chart, but includes considering the amount of bone, muscle, and fat in your body's composition. The amount of fat is the critical measurement. Click [here](#) to calculate your body mass index (BMI) and take charge of your health.

Need a Physician?

Call St. Joseph Health's Physician Referral Line at (877) 449-DOCS or go to StJosephHealthMedicalGroup.org.