

# Emotional Eating

SupportLinc Employee Assistance  
Program (EAP)

**Penn State Health**



# Disclaimer

This training session is designed to provide general guidance, strategies, and coping skills for personal and professional well-being. The content shared reflects the insights and expertise of the presenter and is intended for informational purposes only. While the session offers valuable tools and perspectives, it may not fully apply to every individual's unique situation. For personalized support, we encourage you to consult with a licensed professional.

Each session is structured to have time at the end for decompression and review.

This time is intended for reflection and to process the information covered. At the conclusion of the session, you will find reflective questions designed to foster deeper thinking and encourage practical application of key concepts.

CuraLinc Healthcare and the training department are not responsible for any actions taken solely based on this presentation. Participants are encouraged to use their discretion and seek professional advice when needed.

# Objectives

## This training is designed to help you:

- Understand what emotional eating is and its causes
- Recognize if you are engaging in emotional eating
- Learn practical tools to reduce emotional eating
- Develop your own plan against emotional eating

# What is emotional eating?

Using food to feel better  
or to fill emotional needs  
rather than your stomach

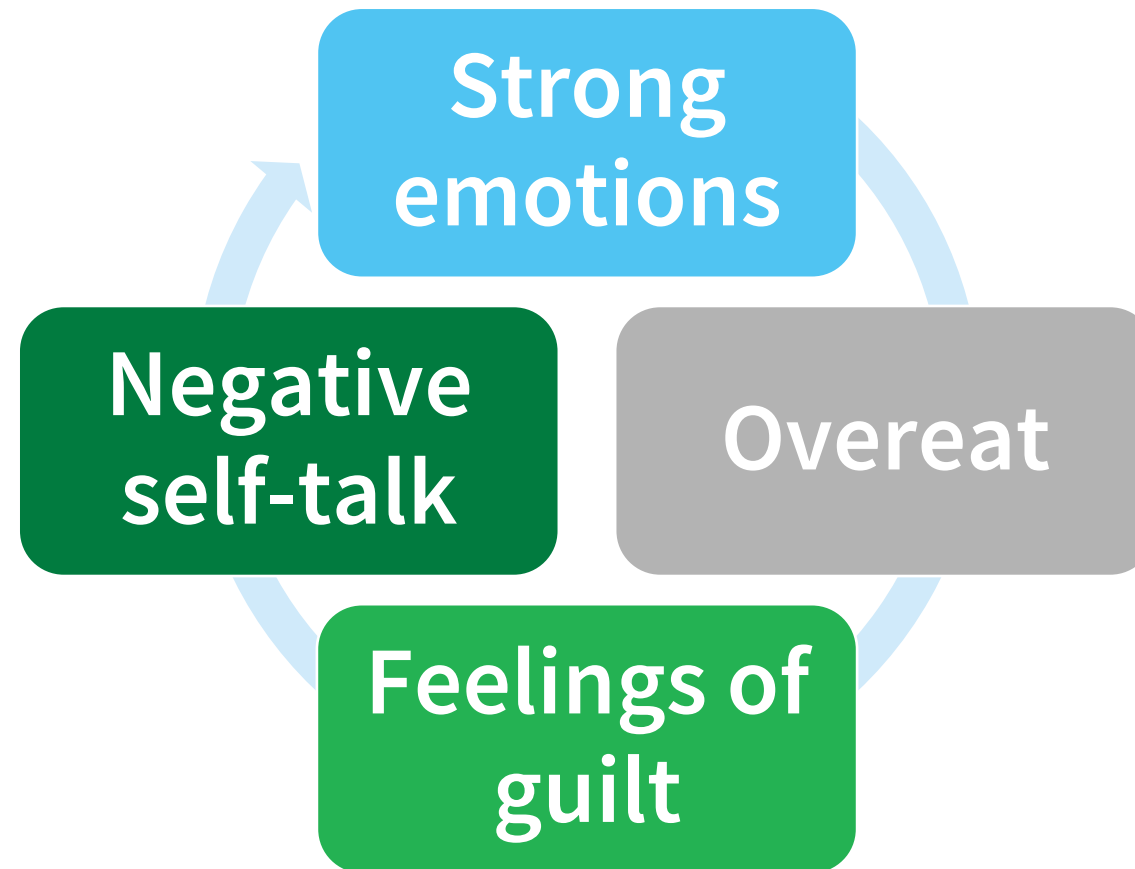


# Causes of emotional eating



- Brain's reward system
- Stress
- Suppress emotions
- Boredom
- Childhood habits
- Social influences

# Emotional eating cycle



# Are you an emotional eater?

- Do you eat more when you're feeling stressed?
- Do you eat when you're not hungry or when you're full?
- Do you eat to feel better (to calm and soothe yourself when you're sad, mad, bored, anxious etc.)?
- Do you reward yourself with food?
- Do you regularly eat until you've stuffed yourself?
- Does food make you feel safe? Do you feel like food is a friend?
- Do you feel powerless or out of control around food?

# Know the difference

## Emotional hunger

- Sudden
- Instant
- Specific foods
- Not satisfied with a full stomach
- Feelings of guilt, shame or powerlessness

## Physical hunger

- Gradual
- Can wait
- Lots of things sound good
- Stops when you are full
- Doesn't make you feel bad

# Dealing with emotions

- Be aware of how you feel
- Accept and feel your emotions
- Know you can't control everything
- Reframe a bad situation



# Eat mindfully

Are the examples below mindful or mindless eating?

- Chewing each bite 25 times
- Setting your fork down between bites
- Grabbing a bag of chips after a stressful meeting
- Looking through cabinets for snacks during TV commercials
- Eating at the same time in the dining table
- Making a grocery shopping list
- Eating while checking your email and glancing at your phone

# STOP

## STOP technique

- |          |   |
|----------|---|
| <b>S</b> | Stand up and breathe. Feel the connection to the earth.   |
| <b>T</b> | Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. |
| <b>O</b> | Observe. Lift your eyes and take in your surroundings.  |
| <b>P</b> | Possibility. Ask yourself what are my new options or what is a forward step.                      |

# Break the cycle

Keep a food diary

Reduce your stress

Find support

Distract yourself when bored

Remove temptation

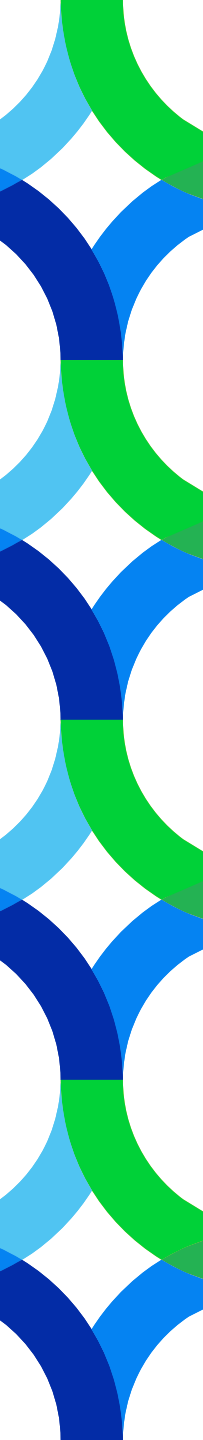
Determine if you are actually hungry

Choose healthy alternatives/water

Learn from setbacks

# Take care of yourself

- Exercise
- Sleep enough
- Schedule relaxation
- Connect with your support system



# Activity

## Create your individual plan

If you are depressed, lonely or having a bad day

If you are anxious

If you are tired

If you are bored

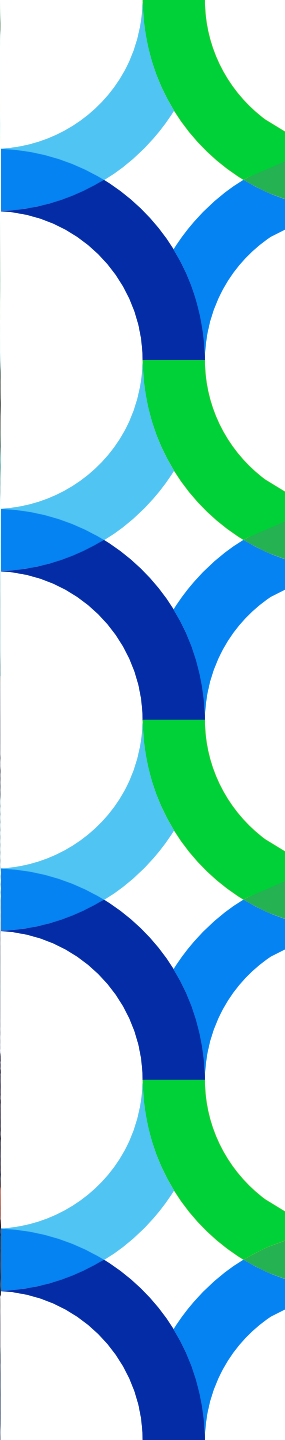
If you are...(insert what often leads you to emotionally eat)

# Find professional help

- Seek counseling
- Participate in group therapy
- Join a support group
- Talk with a nutritionist
- Make an appointment with your doctor

## Additional resources:

<https://www.nationaleatingdisorders.org/>



# SupportLinc Toolkits



## Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness. <https://mentalhealthtoolkit.tools>



## Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. <http://mindfulness.tools/>



## Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. <http://resiliency.tools/>



## Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. <http://meditate.tools/>



## Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. <http://sleepfitness.tools/>



## Addiction Toolkit

Understand the types of addiction and get the support you need. <http://addictiontoolkit.tools/>



## Additional Resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. <http://wellbeing.place/>



## Grief and Loss Toolkit

Equip yourself with knowledge, support, and the right tools to discover a way to live with your grief and move forward. <http://griefandloss.tools/>

✓ No log in needed!

✓ Utilize yourselves

✓ Share with others



# What is SupportLinc?

SupportLinc is an Employee Assistance Program (EAP) offered, at no additional cost to you, by your employer. It is a health benefit, separate from your medical insurance, that assists you with managing life's daily challenges.

SupportLinc counselors can refer you to professional counseling & community resources that will help you, and your eligible family members, resolve a broad range of personal and/or work-related concerns.

# Work-life benefits



## Legal consultation

- Free in-person or telephonic consultation



## Financial consultation

- Guidance and consultation from financial planners and budget specialists



## ID theft consultation

- Free consultation and tailored recovery action plan



## Dependent care resources

### Childcare referrals

- Daycare centers
- Home childcare
- Nannies
- Recreational programs

### Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- “Meals on Wheels”
- Retirement communities



## Convenience and concierge resources

### Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities

# Support that's here for you

Whether you're looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.



**Help is always within reach**

**mysupportlinc.com | Group code: psh**

**1-888-881-LINC (5462)**





## Next steps

### Intentional reflection

Small changes often matter the most. Like adjusting your perspective or trying one new strategy, these can have a meaningful & significant impact.



**Know your resources!**



# Reflective questions

Which concepts are working in your life and why?

Who can be a support for you to make change?

What did you get out of today's presentation?

Which concepts are *not* working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

What can you do in the next 24 hours to apply these concepts?

What are your biggest barriers for change?