

How should you cope with emotional eating?

Many of us have been taught from a young age to indulge in certain comfort foods to help us feel better when we are feeling stressed out or sad. While we are all unique in the foods we choose to indulge in during these emotional times, they tend to be quite unhealthy for us. Foods like cake or bread or pizza are some common foods that people report consuming during these times. The problem is they only make us feel good for about 10 to 30 minutes, and then after that they physically make us feel terrible, which certainly doesn't help the situation.

It takes some time and practice, but you must replace these old comfort foods with new comfort foods. So instead of having French fries, try having some bacon or a nice satiating rib eye. Instead of having a pastry, try having some dark chocolate with almond butter or some berries with cream. We encourage you to write down a list of foods that are healthy for you and that you truly enjoy, and then keep it with you either in your wallet or in your work bag.

This way, you always have a safety food list to refer to during these periods of stress. Another strategy would be to follow the fat fasting protocol to help you get through these tough times. You can find the guide to fat fasting in our resources section, but the rules are quite simple. Eat as much bacon, eggs, olives, and avocados as you would like. You won't be able to adjust your habits overnight, be patient, and over time you will find you will start to crave healthier foods during these stressful times, that leave you feeling good for hours instead of just minutes after consumption.