

# World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

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## **Understanding emotional eating and tools for mindful eating**

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This subject matter focuses on one of the psychological or behavioural perspectives into obesity. Many people who need to lose weight know what they need to do but have trouble doing what they know because they are using food to cope with life feelings and events. During this presentation, I will explain in detail, with visual examples, and my personal defeat, the vicious cycles that keep people in an over-eating, bingeing, and emotional eating crisis.

**Cycle 1:** The dieting cycle – individuals putting themselves on a restrictive diet, ignoring physiological hunger, feeling deprived, and in a temporary lifestyle state. Eventually, they eat/binge, and then experience euphoria and/or possible physical discomfort. This cycle continues with shame, guilt, and failure. The cycle continues when they restart the diet.

**Cycle 2:** Sugar addiction cycle – most people reach for high carbohydrate foods during an emotional eating crisis. They crave sugar, they want and love it. Sugar releases dopamine and high levels of insulin. In turn, the blood sugar crashes, fat is stored, and appetite cravings ignite. The cycle continues when people keep reaching for sugar & simple carbohydrate foods.

**Cycle 3:** Emotional eating cycle – occurs when individuals reach for food, especially high carbohydrates foods. Typically, this happens when a negative emotion (sad, bored, anxious, lonely, etc.) is experienced. They eat to alter their mood and shift from the negative feeling of what is bothering them and temporarily feeling better. This cycle is often followed up with guilt and failure because typically emotional eaters are trying to lose weight.

**Cycle 4:** The overlapping cycles – this section eliminates the confusion. It sheds light on the fact that most people are on a diet, addicted to sugar, eating to cope,