

Feature Article

Curb Emotional Eating

Like many people, you may seek occasional solace in a bowl of ice cream or slice of pizza after a bad day. When you find yourself seeking out food to comfort you, you are eating in response to your emotions, rather than to hunger.

Occasional emotional eating isn't a problem for most people. After all, that's what makes comfort food so appealing. But turning to food every time you have unpleasant feelings - or even positive ones - can lead to weight gain, says the American Dietetic Association (ADA). Being overweight can increase your risk for obesity-related health problems, such as diabetes and heart disease. And it can take a toll on your self-esteem and emotional health.

Understand your cravings

The first step in dealing with emotional eating is to learn to recognize the difference between emotional and physical hunger, the ADA says. Here are some clues that can help you identify emotional eating:

- Sudden hunger
- Craving one specific type of food, such as pizza, because no other food will satisfy your hunger
- Difficulty stopping eating once you are full
- Feeling guilty after eating
- Eating to reward or nurture yourself

What you can do?

Once you learn to identify emotional eating, it helps to keep track of those things that trigger you to eat when you are not hungry, the ADA says. Many people often eat in response to feeling sad,



anxious, depressed or lonely. Come up with substitutions for emotional eating. For example, take a walk, call a friend, engage in a hobby, or do anything else that can distract you from wanting to eat. It also helps to replace unhealthy comfort foods with healthy ones and practice portion control. You don't need to completely give up foods that comfort you, just eat less of them.

If you need extra help

If you've been an emotional eater for a long time, you may find it difficult to stop on your own. In particular, if you are depressed or have low self-esteem, it may be helpful to talk with a therapist or a dietitian who works with eating disorders, the ADA says. Finding a support group for people dealing with similar issues can provide needed guidance for dealing with emotional eating. Talking with your health care provider about your concerns is a good place to start.



This Month's Webinar: Letting Your Emotions Interfere with Eating

How many times do you eat simply because you are bored or need comfort? We often tend to not even notice why we are eating and many times it's not because we are hungry, but rather our emotions are coming into play. Excessive stress, not sleeping well, anxiety, and needing emotional comfort lead many of us to the refrigerator or to the snack pantry leaving us with unwanted weight gain, health issues, and lowered self-esteem. Learn how to identify when you are eating emotionally and what your triggers may be. Learn how not to use food to fulfill an emotional void in this engaging, introspective webinar.

Watch this webinar any time throughout the month of May when you log in to IMPACT on the Web at www.MyImpactSolution.com.

Monthly Highlights



Where to Turn for Mental Health Help

Did you know May is National Mental Health Month? It's

normal to feel stressed or anxious now and then. But it's time to call for help if emotional issues interfere with your life, your job, or your personal relationships.

Visit the Emotional Wellbeing Tile for tips when to seek help for mental health concerns.



Preventing Identity Theft When you Travel

Getting ready to enjoy some well-deserved vacation time? Or

gearing up for an important business trip? If so, the first things on your mind may be remembering to pack comfortable shoes and finding someone to feed the cat. But when you're away from home your vulnerability to identity theft goes up. The Financial Tile contains resources on protecting your identity.

Visit www.MyImpactSolution.com

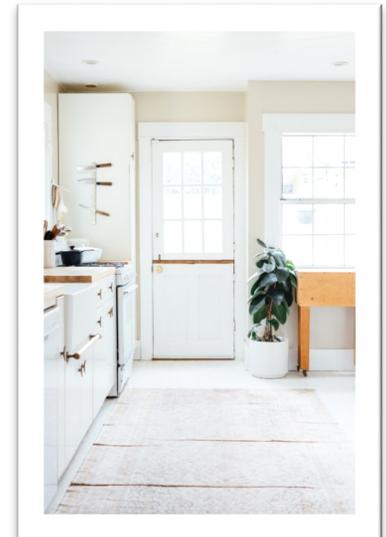
Forgot your login information?
Give us a call at 800-227-6007.

Eldercare Spotlight

Helping an Older Loved One With Spring Cleaning

With the arrival of spring comes the season of decluttering the household. If you are caring for an older loved one, here are three things you can do during your annual spring cleaning to help keep their home clean and organized:

- **Clean the medicine cabinet:** Expired medications may lose effectiveness. To properly dispose of these medications, the FDA recommends bringing them to a nearby take-back location such as a pharmacy or police departments.
- **Remove tripping hazards:** To prevent falls, you may also want to install grab bars near the bath, toilet and stairs, and make sure all areas of the house are well lit to improve visibility.
- **Organize and shred old documents:** Financial records, tax documents, deeds and policies that are no longer current or active should be disposed of. Use a paper shredder or hire a disposal company to destroy documents containing sensitive information.



If you would like more information on how your EAP can be of assistance, give us a call today at 800-227-6007.

Contributed By: Benjamin Rose Institute on Aging

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 800-227-6007.