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Headline: How to Stop Emotional Eating and Gain Control of Your Eating Habits

It happened, again. Didn't it?

You had a fight with your boyfriend or girlfriend or bad day at work. Your emotions ran high and sent you into the comforting arms of a pint of smooth and creamy ice cream.

Once you've licked the container of ice cream dry, you felt full and satisfied. But soon the moment passes. You're now ashamed of what you've done and can't even look at yourself in the mirror.

Does the above sound like you?

If so, you're not alone.

[Emotional eating is a way to suppress or push down negative emotions](#), such as fear, loneliness, anger, sadness, disappointment, nervous, boredom, and anger. Major life events and the stress of life can trigger negative emotions that send you into an eating frenzy. Before you know it, you've gained back the weight you lost.

Don't worry. There's hope. Please don't give up on eating healthy or your [weight loss goals](#).

Why?

Because I understand that life isn't perfect and that you, just like me, will experience ups and downs. This is why I've [compiled a list to help you stop emotional eating](#). For example, instead of eating your pain, feel and process it. Keep reading to discover the other tips.

How to Stop Emotional Eating

- Journal in the morning and evening.
- Whenever you feel emotional, stay out of the kitchen.
- Go for a walk or run to work out your feelings.
- Stop and count to 10. Let your emotions pass. Process them.
- Call a trusted friend and talk about what happened, i.e., you received a bad work performance review. Together, you can get to the 'root' of an issue.
- Keep a food diary.
- Eat healthy snacks.
- Toss out the junk food in your refrigerator, freezer, pantry and cupboards.
- Stop reacting to those around you and take back your power.
- Love your body and be thankful for it.
- Realize that "This too shall pass."

Tips to Gain Control of Your Eating Habits

Now that you know how to stop emotional eating, you'll want to gain control of your eating habits. Listed below are tips for healthy eating habits.

- Shop for healthy foods for your body, e.g., vegetables and fruits.
- [Eat foods that can boost your mood](#), e.g., salmon and nuts.
- Drink lots of cold water.
- Use the hunger scale. For example, on a scale of 1-5, with 1 being the least hungry and 5 being the most hungry, how hungry are you?
- Are you bored? If you're eating because you're bored, stop it! Squash boredom by taking up a hobby, volunteering, reading, starting a creative project, etc.

Gain control over emotional eating by recognizing triggers that set you off. To do this, keep a journal and food diary. Join a group for emotional eaters and/or speak with a trusted friend. Get help.

You don't have to be an emotional eater.

Being healthy and well is possible, now.

Over to you. Do you have a tip on how to stop emotional eating? Share it in the comments below.