

## EMOTIONAL EATING: REASONS, CONSEQUENCES AND SOLUTIONS TO THE PROBLEM

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**Abstract.** This article explores the influence of emotions on eating habits and health. The causes of emotional hunger and its consequences are considered. The author offers effective coping strategies, including developing emotional literacy and mindful eating. The article is intended to help readers on the path to harmony, overcoming the connection between emotions, overeating and maintaining a healthy lifestyle.

**Keywords:** Emotional overeating, psychology of nutrition, healthy lifestyle, eating habits, emotional hunger, health and emotions, psychological aspects of nutrition.

## ЭМОЦИОНАЛЬНОЕ ПИТАНИЕ: ПРИЧИНЫ, ПОСЛЕДСТВИЯ И РЕШЕНИЯ ПРОБЛЕМЫ

**Аннотация.** В данной статье исследуется влияние эмоций на пищевые привычки и здоровье. Рассмотрены причины эмоционального голода и его последствия. Автор предлагает эффективные стратегии преодоления трудностей, в том числе развитие эмоциональной грамотности и осознанного питания. Статья призвана помочь читателям на пути к гармонии, преодолению связи между эмоциями, перееданием и ведению здорового образа жизни.

**Ключевые слова:** Эмоциональное переедание, психология питания, здоровый образ жизни, пищевые привычки, эмоциональный голод, здоровье и эмоции, психологические аспекты питания.

**Emotional hunger** is a condition in which a person uses food in response to emotional needs, instead of satisfying physiological hunger. It is an imbalanced way of regulating emotions, where food becomes a means of comfort or filling an emotional emptiness.

**Emotional eating** is the practice of eating food not because of physical hunger, but in response to emotionally stressful situations, negative feelings, or unmet emotional needs. People

suffering from emotional eating turn to food for comfort or to solve emotional problems, which often leads to excess food consumption and obesity.

Emotional eating is often associated with various factors, the main ones being stress and emotions. That's why:

1. **Stress:** Under stress, the body can release the hormone cortisol, which increases cravings for foods containing large amounts of carbohydrates. This can lead to overeating, as many people turn to food to relieve stress and create a feeling of comfort.

2. **Emotions:** Feelings such as sadness, loneliness, joy or fatigue can also be triggers for emotional eating. People sometimes use food as a way to manage their emotional state.

The impact of emotional eating on health.

- **Overweight and Obesity:** Frequent overeating, especially when consuming high-calorie foods, can lead to excess weight gain and obesity, which is associated with the risk of developing cardiovascular disease, diabetes and other problems.

- **Psychological problems:** Emotional eating can cause feelings of guilt, shame and anxiety, which in turn worsens emotional problems and creates a vicious cycle.

- **Physical ailments:** Overeating can overload the digestive system, which can lead to indigestion, heartburn and other gastrointestinal problems.

Understanding these influences can serve as an incentive to develop healthy strategies for managing emotional eating.

#### **Effective steps to overcome emotional eating:**

1. **Developing Emotional Literacy:** Learning to recognize and effectively manage emotions helps avoid turning to food as a way to regulate emotions. Therapy and meditation practices can be helpful tools.

2. **Mindful Eating:** Focusing on each meal, paying close attention to taste and texture, and being aware of satiety cues promotes a healthier relationship with food.

3. **Developing Healthy Eating Habits:** Gradually introducing dietary changes that include a variety of nutritious foods creates the foundation for sustainable, healthy habits.

4. **Physical activity:** Regular physical activity not only helps maintain physical health, but also improves emotional well-being by reducing stress and anxiety.

When considering emotional eating, developing healthy habits, and mindful eating, it becomes clear how important it is to pay attention to the relationship between emotions and our

relationship with food. Emotional eating can have a significant impact on your physical and mental health, creating negative cycles and causing long-term problems.

However, implementing coping strategies, including developing emotional literacy, gradual dietary changes, supportive environments, and physical activity, can help find balance and create healthy eating habits. Mindful eating becomes a key component of this process, strengthening the connection between what we eat and how we feel.

The process of developing healthy habits takes time, patience and support, but they provide significant benefits to physical health, emotional well-being and overall quality of life. Investing in your health through understanding and managing your diet is an important step towards living a harmonious and balanced life.

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