

Emotional Hunger

Sometimes emotions themselves can act as a trigger for eating. In fact, eating for any reason other than hunger can be called emotional eating, and how often do we really eat for hunger? Probably not all that often if we're honest!

Other reasons for eating include habit, boredom, stress, sadness, celebration or even just because it's there!

So what is the difference between emotional and physical hunger? Here are some clues:

Physical Hunger	Emotional Hunger
Comes on slowly	Comes on quickly
Is for any food	Is usually for a specific food
Will go away if you eat	Often persists even after you have eaten (e.g. you want to continue)
Can usually be ignored (e.g. If you are busy you can forget you're hungry)	It is very difficult to ignore a craving
Is a mild discomfort that slowly gets worse over time	Can feel very urgent and intense immediately