



Emotions and You

What kind of eater are you?

Read below to see which one seems the most like you.

- 1. I try to eat less, but I end up eating too much (more than my daily points total).** Sometimes I skip meals. Sometimes I eat very little for breakfast and lunch. Then I eat too much later in the day. When I eat too much, it is often because I am feeling good or bad about something. When I do not follow my plans for eating, I get frustrated and give up altogether. Then I overeat.
- 2. I try to eat less, and most of the time I can.** I have a plan for eating less. If I eat more than I had planned to at lunch, I will eat less at dinner. I do not usually eat more than my daily points total in response to stress or emotions.
- 3. I eat too much (more than my daily points total) and do not try to eat less.** I have tried to lose weight many times before but have failed. I have felt deprived or very stressed when I have tried to eat less. I do not want to try again.

For many people, overeating and being inactive often relate to how they feel.

You may be in the habit of overeating and being inactive as a way to:

- Celebrate holidays, special events, and accomplishments
- Reward yourself for working hard
- Comfort yourself when you feel bored, angry, depressed, anxious, frustrated, or sad
- Relieve stress (this includes the stress of trying to reach your weight-loss goals)


Long-term Effectiveness of the
Anti-obesity medication Phentermine

Emotions, overeating and being inactive are often part of a vicious cycle.

You have good intentions to lose weight and be more active.

Stress gets in the way. For instance:

- Family or marital problems
- Death of a loved one
- Job problems (including loss of a job or a new job)
- Moving
- Change in family status (such as marriage, divorce, birth, children moved away)
- A holiday, special event, or celebration
- Illness or surgery
- Trying to reach your LEAP weight-loss goals, especially if you use rigid weight loss strategies such as these:
 - You expect to be perfect.
 - You avoid certain foods.
 - You eat too little food.
 - You exercise only after you eat too much.
 - You skip meals after you eat too much.
- You overeat or are less active as a way to ease the stress for a little while.
- You have negative thoughts and feelings, such as thinking, "I'm a failure," or feeling guilty when you don't achieve your goals .
- You give up. Then you really overeat or stop being active.

Emotional eating and inactivity can get in the way of your weight-loss goals.

But **never give up**.

The LEAP approach is to **focus on long-term results. Habits can be changed over time. You can learn to respond to your feelings in different ways.**



Negative thoughts can lead to bad feelings that then lead to eating too much and not being active.

Example Thoughts	Common Negative Ways of Thinking...	Emotions
"Look at what I did. I ate that piece of cake. I must be a horrible person."	We divide the world into good or bad. This means we may: <ul style="list-style-type: none"> • See good or bad foods • See ourselves as a success or failure • See ourselves as "being on" or "off" the lifestyle program 	Frustration Sadness Guilt
"It would be a lot easier to get up in the morning and walk if my family helped out around the house. It is their fault that I don't have the willpower." "I have to sit down after dinner. I work hard all day, get dinner on the table, and then I deserve a break."	We may make excuses for our behavior. This can mean: <ul style="list-style-type: none"> • We blame something or someone else for our problems. • We don't mean to stop practicing healthy habits, but we "can't help it." 	Anger Resentment Frustration Anxiety
"Uncle Bill lost five pounds this month, and I only lost one."	We may think we are not as good as others are. This means that we often: <ul style="list-style-type: none"> • Compare ourselves and our progress to other people we know. • Blame ourselves for not measuring up. 	Inadequacy Frustration Shame
"Exercising regularly is just too hard. I might as well forget it." "I haven't walked for two weeks. It's hopeless."	Sometimes, we may want to give up. This urge often follows the other types of negative thinking. We may: <ul style="list-style-type: none"> • Defeat ourselves. • Think one mistake means we can never succeed. 	Sadness Guilt Fear Frustration

The emotions that most often trigger eating too much and not being active are anxiety and frustration. One way to avoid anxiety and frustration related to your weight loss efforts is to practice the tips below.

Don't let yourself get too hungry.

Plan three meals and two or three snacks in advance, no more than 3 or 4 hours apart.

Do not skip meals and snacks.

Eat moderate amounts of food.

Try to stay within your recommended Daily Points total on the WW app.

If you overeat, get back on track at your next meal or snack.

Don't punish yourself by eating too little at the next meal or snack, just make healthy choices.

