

Good foods  
lead to  
good moods.



Eating good food not only promotes good physical health, but what you eat can also impact how you feel. Emotional eating is an automatic reaction to stress for many people, but before you reach for the salty French fries or your favorite sweet treat, think about how you can eat mindfully to boost your mood.

**Mindful eating**  
is paying attention to the way we eat.

Here are three tips that may lead you to make better food choices for your body and mind.



**Recognize the signs of emotional eating**

Are you using comfort food to make yourself feel better instead of to satisfy hunger? Emotional eating is usually impulsive, and, instead of feeling satisfied after, you often feel shame, guilt or regret. Instead, learn to address the real feelings or problems in your life.



**Learn to eat mindfully**

Eat to satisfy physical hunger, and consciously enjoy your food. Wait 5 minutes before you give into a food craving and reflect on your feelings; if you are hungry, start with a small portion, take small bits, chew slowly and appreciate your food. Stop eating when you're full.



**Feed your feelings in other ways**

Learn to pay attention to the situations, places or feelings — known as emotional triggers — that cause you to habitually stress eat. Instead, find other ways to respond, whether it's a hot bath to relieve your exhausted mind or a warm cup of coffee with a friend to alleviate your anxiety.

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