

Emotional eating is part of us as humans. It's not all bad, truth be told, but understanding what is going on can help all of us to feel more in control of our emotions and our habits for managing them.

COMMON EMOTIONS RELATED TO EATING*

%		EMOTIONS	HORMONE(S) RELEASED	LEARN MORE
37%		Bored Eating	Dopamine dip	
29%		Stress Eating	Cortisol	
8%		Sadness, Loneliness, Depression	Serotonin	
11%		Anxiety & Worry	Cortisol	
6%		Anger	Cortisol, Adrenaline	
4%		Fatigue	Ghrelin, Cortisol, Endocannabinoids	
1.5%		Female Cycles & Menopause	Estrogen, Progesterone	

*as reported by 244 bariatric surgery patients



TWO SYSTEMS THAT INFLUENCE EATING



The more we understand why our brains and bodies are triggering us to think about food, the more we are able to think through our next steps to answer those triggers.



Scan here for more about "Emotional Eating and Bariatric Surgery"