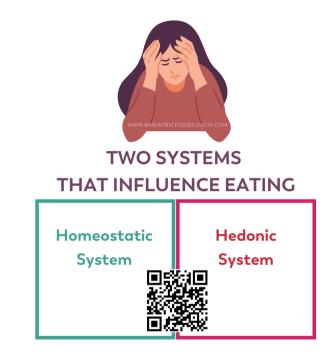
There is more biology going on than we realize.

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\***

COMMON EMOTIONS RELATED TO EATING				
<u>%</u>		<u>EMOTIONS</u>	<u>HORMONE(S)</u> <u>RELEASED</u>	LEARN MORE
37%	254	Bored Eating	Dopamine dip	
29%		Stress Eating	Cortisol	
8%		Sadness, Loneliness, Depression	Serotonin	
11%	***	Anxiety & Worry	Cortisol	
6%	37 44	Anger	Cortisol, Adrenaline	
4%		Fatigue	Ghrelin, Cortisol, Endocannabinoids	
1.5%		Female Cycles & Menopause	Estrogen, Progesterone	

<sup>\*</sup>as reported by 244 bariatric surgery patients



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.







