

STRESS AND EMOTIONAL EATING

Eating can be triggered by a multitude of factors other than hunger. If you were to analyze the intricate chemistry of the human body, it is apparent how stressful situations set off a cascade of hormones that can result in an unexpected calorie binge. Problems arise when we consistently give in to this hormonal calling and begin to depend on food as our escape from the tension of life.

The Bible says to cast all your anxiety on God because He cares about you so much. If someone truly believes that God loves them, they can release their negative emotions to Him. The spiritual danger of consistent emotional eating comes as a result of drowning stress and tension in calories rather than bringing those emotions to God. Food is innocent and meant to be one of the natural pleasures of life. Only when our relationship with food is distorted, do we encounter potentially serious issues that threaten our spiritual health. For all facets of your health, it's important to stay vigilant against the deception of emotional eating.

Here are four practical ways to squash emotion-driven eating and reduce daily tension:

1. Analyze your hunger. Ask yourself, "Is my brain or stomach craving food?"
2. Stay focused. When you feel tension increasing as your tasks pile up, stand up, stretch, have a glass of water, and refocus on the task at hand.
3. Remove temptation. Simply put - you won't eat what you don't have. Don't keep unhealthy foods in your bag, at your office, or in your car.
4. Pray. Ask God everyday for discernment between true hunger and emotional cravings, as well as discipline to resist the temptation when it arises.

"You (God) satisfy me more than the richest of foods" Psalm 63:5