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MODULE 2 : EMOTIONS AND EATING

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**“Sometimes you’re not hungry...  
you’re feeling something you  
haven’t expressed.”**

You eat silence.  
You eat stress.  
You eat what you  
don’t know how to name.  
But today, that changes.  
Today you begin to feel  
without fear... and eat  
with awareness.



## Objective

To identify emotions that influence eating behavior and learn to validate them without automatically turning to food.

## Scientific Foundation

This module is based on recent research on emotional eating and emotional regulation. U.S. studies (2020-2025) show:



Emotional eating is strongly linked to stress and anxiety.

People who identify their emotions have better eating regulation.

Emotional validation reduces impulsive eating.

**Additionally:**

Emotional awareness programs reduce anxiety-driven eating.

Mindful pauses improve food-related decision-making.

Sources: Journal of Behavioral Medicine, Appetite Journal, NIH/ PubMed



## SECTION 1 \_\_\_\_\_

# What is Emotional Hunger?

It's when you eat to manage emotions, not to nourish your body. It is typically characterized by:

## **Sudden Appearance**

Unlike physical hunger, emotional hunger hits instantly and feels intensely demanding.

## **Specific Cravings**

An urgent craving for high-calorie comfort choices like sugar, fats, or specific textures.

## **Sense of Urgency**

It demands to be filled right away, clouding rational decision-making.

## **Post-Eating Guilt**

Leaving you with feelings of regret or guilt because your body didn't actually need food.

SECTION 2 \_\_\_\_\_

## **Emotional Awareness**

Before eating, intentionally bring conscious presence to your state by asking yourself:

**What am I really feeling?**

**Is this hunger or emotion?**

**What do I need right now?**

## SECTION 3 ---

# Emotional Validation

Emotional validation means recognizing what you feel without judgment.

**“I shouldn’t feel this way.”**

**“It’s okay to feel this, something in me needs attention.”**



## SECTION 4

# Mindful Pause

Before responding to an emotional trigger by turning automatically to food, practice these four sequential steps:

- 1 Take a deep breath:**  
Center your mind and calm your nervous system.
- 2 Name the emotion:**  
Put words to your internal landscape (e.g., anxiety, boredom, fatigue).
- 3 Observe your body:**  
Locate where that specific feeling presents physically.
- 4 Choose consciously:**  
Make a deliberate decision rooted in true awareness.

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## ACTIVITY 1

# The Emotions Wheel

Using the Emotions Wheel from your module 1 map out your current state and reflect on the following questions:

What emotion am I feeling today?

Where do I feel it in my body?

What do I really need?



## ACTIVITY 2 \_\_\_\_\_

# Daily Reflection Journal

Before arriving at your meals, take a brief moment to write out and track your patterns:

### How was my day?

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### Am I eating from hunger or emotion?

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## A Note to Remember

When you  
understand what  
you feel...  
you stop using food  
to fill what is  
not hunger.”

*Myriam Lozano*

WELLNESS AND EATING COACH