


Emotional Eating: The Connection Between Mood & Food



A woman with long brown hair, wearing a light blue long-sleeved shirt, is sitting at a table. She has her head resting on her hand, looking down with a sad or contemplative expression. In front of her is a white plate with three donuts. The background is a plain, light-colored wall.

What is Emotional Eating

Emotional eating is eating when you are not physically hungry. That sounds simple enough, but in reality, it is a challenging problem to overcome. Access the training to learn more about what causes emotional eating, and pick up tools to help you get control of it.

Click on
link below



Emotional Eating Module



Click on Quiz
Link



The Connection
Between Mood & Food