

# THE SEVEN TOP TIPS TO STOP COMFORT EATING FOR GOOD



AN INTRODUCTION TO  
EMOTIONAL EATING

## THE INSIDE OUT D.I.E.T.

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## Top Seven Tips to Stop Comfort Eating for Good

Are you finding it really hard to lose weight? Do you emotionally feel like you go up and down all the time and the way to soothe how you feel is to comfort eat? Would you love to just stop the need to comfort eat? If yes, then read on.....

### Top Tip 1 – Drink More Water

It is so easy to not drink enough water through the day, especially in the winter when what you really crave is something hot and comforting like hot chocolate or your favourite Café Latte. Have you ever measured how much actual water you drink in a day? If you do, you may be shocked to realise that you actually drink very little. You may convince yourself that your cup of tea or coffee is part of the water you drink per day, but actually they are dehydrating you. You actually need to be drinking at least 8 glasses of water per day.



By drinking more water, you will fill your stomach and will therefore eat less too. The feeling of hunger we often feel can actually be quenched by water rather than food, which clearly has less calories. The 'emotional' hunger or craving you feel during the day, can usually be satisfied by drinking more water too. You are an emotional being and the science says that we are made up of at least 80% water. The more emotional you are (Cancer, Scorpio and Pisces are the worst signs for this), the more you are using up the water in your body and you need to replenish.

If you are going through challenging times, you may reach for food to comfort you emotionally. Next time you feel the need to comfort eat, reach for a glass of water first. You may just be dehydrated. Filling your body with water, you will find you become more focused, alert and your skin will look better too as you are flushing toxins you are picking up through your body.

### Top Tip 2 – Exercise

Whether you like it or not, exercising regularly will help you feel better emotionally, physically and mentally and you are less likely to comfort eat. Exercising is a natural way to release negative emotions through breathing and moving emotions around and out of the body. The key is to find an exercise that you absolutely love as you are much more likely to do it.

With exercise, it is easy to make excuses that you don't have time. Everyone on the planet has the same amount of time as you though and you are more likely to have more time on the planet, if you look after yourself by



exercising. Be careful that you aren't convincing yourself that you are doing more exercise than you actually are. For example, you might take your dog out every day, but with every scratch and sniff, you aren't getting your heart rate up enough to burn the calories and to lessen the need to eat. Ideally you would be doing 20 minutes cardio workout at least 5 days per week.

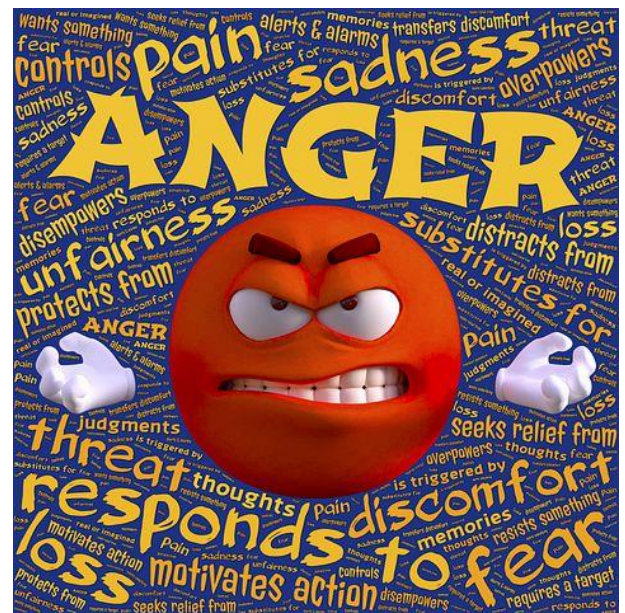
If you love nature, then why don't you plan a walk in nature every day. Now if you live in a more urban place, this might not be possible, but plan at least once a week to go for an hour's walk somewhere rural. You may not be a gym bunny and that is ok, just look for an exercise which you enjoy and makes you feel good. This could be swimming, yoga, Pilates or an exercise class or two where you meet up with friends. Exercising with someone else also helps. It maybe that you just plan to go dancing – Salsa maybe or Ceroc.

The thing to remember is to make the exercise something which is fun, that you do regularly and that it pushes your heart rate up as this means that you will burn off calories more. Track how often you go to see that you do enough, especially in the first month of trying to do more exercise as you need to get into a new regular habit of going so that it becomes a sustained habit.

### Top Tip 3 – Identify What Triggers Your Comfort Eating

At the end of the day, you are comfort eating to feel better and this strategy isn't working for you as you are piling on the pounds which is making you feel unhappy in your clothes and it may well be affecting your mental health too as well as your relationships as you feel more lonely and isolated.

It is time to identify what is triggering you to comfort eat. Emotional triggers are linked to all sorts of things and they act as a cue to tell you to eat as you feel bad and you eat to feel better. You can be triggered by sounds, songs, places, words people use, smells, dates (e.g. a date a person died) and lots more. What happens in your neurology is that you link the sound, smell, place, etc with an unhappy memory and feeling. Whenever you then experience the sound, smell, place, etc again, you will be triggered, unless you decide to use therapy techniques to identify the triggers and to break the cycle.



Triggers can bring up all sorts of emotions and pain – anger, frustration, fear, shame, sadness, hopelessness, etc. Your way of dealing with it currently is to eat, but this needs to stop as it is making you unhealthy.

Key triggers might be:

- Dates someone died
- Date of something that significant happened to you e.g. rape, house fire, abuse/bullying taking place, accident, divorce, someone leaving you
- Songs which you link to someone significant to you. They may have died which makes you feel bad or you may have divorced/separated and find it hard to listen to your wedding song
- You read something on social media and compare yourself to someone else. You don't feel good enough and feel the need to eat to feel better

- Smell of a person who has died or is no longer in your life
- Taste or look of a food reminds you of someone
- Walking into your house and you not liking what you see
- Clocks changing and it getting darker
- The warmth or coolness of a room
- The quality of your physical environment

Triggers are very sensory. You need to identify them and then take the emotional charge out of them. These triggers affect how and when you eat. The NLP Communication Model below how we react during an event and how we set up behaviours/actions.

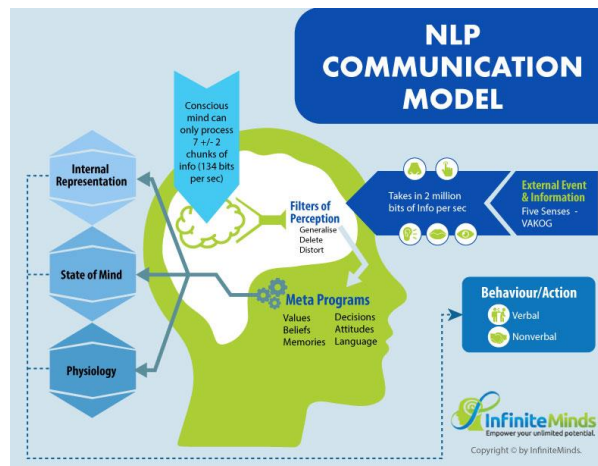


Image credit to: Infinite Minds

The best therapy tool I have found to clear these triggers is The Balance Procedure which is a non verbal multi dimensional energy technique. It is simple and quick to use and even children can use it. It is the ultimate self empowerment tool. It is based on a set of cards which have Sacred Geometry symbols on them. They rebalance your energy and naturally shift trauma without you having to talk about it. They can be used to shift emotional triggers that you are experiencing. The cards include NLP within them in a much simpler format.



Credit for image: The Balance Procedure

#### **Top Tip 4 – Train your Mind To Live In the Present**

The Power of Now is an important thing to remember, in fact there is very powerful book called 'The Power of Now' by Eckhart Tolle which is well worth reading. The human mind finds it very challenging to live in the now due to past trauma which it is holding on to. What actually happens is that your mind ping pongs into the future (making you feel anxious) as well as ping ponging into the past right back into traumatic memories/events which your mind hasn't yet released or dealt with (making you feel sad, unhappy or fearful). It takes practice to train your mind to live in the now and to be more present.

Practicing Mindfulness and Meditation really helps as you become calmer and more focused. You train your mind to live more in the now and to let go of the past. As you let go of the past, you will be less inclined to want to eat bad things as you are no longer triggered by unhappy memories which make you eat to feel better. By living in the present, you won't feel the same level of anxiety as you aren't predicting the worst for the future and feeling bad which makes you grab for the biscuit tin.

As you let go of your past, you will let in more opportunities for fun experiences. To create the life that you desire. Slowing down and becoming less busy is key. You need to acknowledge how you feel not bury the feelings within. By creating a fun and happy life, you will not need to eat badly to feel better. Investing time and energy with or without a therapist to shift the negative experiences from your past and what is going on in your current life, is time well spent as it will be setting you up for a happier and healthier life.



#### **Top Tip 5 – Mindful Eating**

It is so easy to eat automatically and not to realise that you have eaten much more than you realise, especially when you are busy. As mentioned above being too busy can be one of the reasons why you eat badly. You may not have time to shop properly or no time to cook a proper meal and just grab pre-packed meals. You may be so busy looking after your children or an elderly parent to look after yourself properly or working so hard to pay the bills, the last thing on your mind is what you eat.

Before you know it, you may have gained a few pounds and you don't realise how. It maybe that you have been caring for someone and you put their needs first or you might have had a really stressful time at work and you have learnt to eat when you feel stressed. The key is to look at your habit patterns around eating to see when you eat, what you eat and how much you eat. You might get a bit of a surprise. Have you ever logged or tracked your food, as you would then see the patterns that you are in and then you will know what you need to change to get better eating habits.



Mindful eating can also be introduced around your eating. You want your eating to become more conscious so that you have more awareness of it. For example, you may put your knife and fork down between each bit of food, which slows down the eating process but also allows you to chew and taste the food. Sometimes when you slow down and taste the food you are eating, you realise that it isn't very good quality and it doesn't taste very good!

### **Top Tip 6 – Gaining Support and Accountability**

When you are trying to lose weight and to feel better about yourself, it raises all manner of issues for yourself. You are going to be working on the negative side of you which doesn't feel good enough and who sabotages their success and happiness. To look at yourself honestly and to make positive habit changes around food takes guts and determination. To make it a lot easier, you need to put support in place for you. This is so that you do have people you can share how you are feeling with when you are having a bad day or to keep you motivated. If you try to do this journey alone, it is possible, but would be more lonely and isolating.

Gaining the support of others – family, friends and other people attempting to change their food habits, means that you will have more accountability too. By sharing your intent to change your eating habits and to get healthier with others, makes it more likely that you will succeed.

When you start looking within at yourself, you won't always like what you see inside and out, so having friends and family to support you is key. By working through the 'Inside Out D.I.E.T.' you may find that you need a much more in depth

counselling/therapy approach to help you shift into who you want to be. Having someone else like a coach/therapist involved will keep you on track and help you to resolve issues as they occur. By paying for the support and accountability, you will get more honest feedback and encouragement as friends and family won't necessarily want to give you the honest truth when you ask them for feedback about your progress.



### **What does D.I.E.T. stand for?**

Desires – are you really happy? What do you truly desire?

Intuitive eating – are you consciously eating or are you on automatic pilot?

Energy/Emotion – are you eating more due to how you feel emotionally? Change your emotion and become more positive and your energy will improve

Timing – how good is your time management in relation to food? Do you eat at the right times or just snack when you feel hungry?

If you are overweight at the moment, you almost certainly won't be 100% happy with yourself or others. You may not be feeling good enough and have developed some really bad eating habits to fit in with your chaotic lifestyle. Eating healthily can be a lot of fun and doesn't necessarily take you longer.

## Top Tip 7 – Chart Your Successes and Changes

It is so easy to start something new and not to notice the achievements you have made as you are so busy or you under value and appreciate the changes that you have made. Also, to embed a new habit, you need to repeat the new habit for at least 28 times in row, if not more according to some research.

A few things to note at the start of your transformational journey is to weigh yourself and to take your measurements of around your neck, arms, waist, hips and thighs. This way you have statistical proof that to show you logically that things have changed over time. To help prove to you that you have achieved a positive result in your weight loss as well as toning yourself up. Of course you could weigh yourself each week, but you must be careful not to beat yourself up if your weight goes up or down. You are aiming for sustained, long term change. If you are finding regular weigh ins get to

down, don't do them! Just re-measure yourself a month after you have started so that you can celebrate your success.

Celebrating your wins along the way is key too. It might be the fact that you have bought less butter since you started the plan and you are proud of this or the fact that you can now fit a smaller dress size. Using tracking paperwork, will allow you to see the changes over a period of time. Be proud of these changes as they will continue to motivate and inspire you.



## What support can I have to feel better about myself and to change my emotional eating patterns?

Of course you can try to lose weight yourself and to change your eating habits but ultimately you would have done this by now if you were going to. You might be in pain now or suffering from a health condition which makes it harder to stay motivated. Having someone on your side to support you and to help you stay on track can make a huge difference.

- Attend the Inside Out D.I.E.T. 6 week course where you learn about yourself, how to change your eating patterns and support from an award winning coach and therapist. Join other people on the same journey and inspire each other. For more information go to: <https://insightfulminds.co.uk/an-introduction-to-emotional-eating/>
- Work with Liz Almond on a 1-1 basis having either 3 hour sessions or an all day breakthrough day working through what is causing you to struggle to lose weight and to feel good. Liz will help you transform negative habits, insecurities, limiting beliefs, fears and doubts, to help you feel your best. Email Liz to get more information - [liz@insightfulminds.co.uk](mailto:liz@insightfulminds.co.uk)

