

WHEENK! HEALTH

IS IT PHYSICAL OR EMOTIONAL HUNGER?

BEFORE YOU EAT THAT, IS IT...

PHYSICAL HUNGER?

- BUILDS GRADUALLY
- STRIKES BELOW THE NECK (E.G., GROWLING STOMACH)
- ISN'T ACCOMPANIED BY A SENSE OF COMPLSION
- OCCURS SEVERAL HOURS AFTER A MEAL
- GOES AWAY WHEN FULL
- LEADS TO FEELING OF SATISFACTION AFTER EATING

EMOTIONAL HUNGER?

- DEVELOPS SUDDENLY
- HITS ABOVE THE NECK (E.G., A "TASTE" FOR ICE CREAM)
- RESULTS IN AN URGENT NEED TO EAT
- IS UNRELATED TO TIME SINCE LAST MEAL
- IS SPECIFIC, OFTEN FOR A PARTICULAR FOOD OR BRAND
- PERSISTS DESPITE FULLNESS
- LEADS TO GUILT AND SHAME AFTER EATING

HERE ARE SOME IDEAS THAT MAY HELP YOU FILL EMOTIONAL HUNGER NEEDS:

- GO FOR A WALK, PREFERABLY AT A NICE PLACE LIKE THE BEACH, PARK OR HARBOR
- CALL A GOOD FRIEND
- PRAY
- DO YOGA
- FIND SOMETHING OR SOMEONE WHO WILL MAKE YOU LAUGH HARD.

ADAPTED FROM WOMEN'S DAY



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