

Complications commonly found in individuals suffering from anorexia include: anaemia; constipation, bloating, or nausea; hormonal changes including reproductive, thyroid, stress, and growth hormones; heart problems including mitral valve prolapse, abnormal heart rhythms, and heart failure; low blood pressure; bone density loss and life-long osteoporosis; absence of period and fertility problems in females and decreased testosterone in males; electrolyte imbalances including low blood potassium, sodium, and chloride; kidney problems and even kidney failure

The best way to prevent the occurrence of any of these eating disorder complications is to begin treatment as soon as possible.

It is usually very difficult for people with eating disorders to get better on their own. The first step in seeking eating disorder help is to admit that you are suffering from an eating disorder and that this eating disorder requires psychological treatment. Coming to this understanding may be difficult, especially while the inner voices of anorexia and bulimia whisper that you'll never be happy until you lose weight, that your worth But the truth is that happiness and self-esteem come from loving yourself for who you truly are—and that's only possible with recovery.

Whatever your age or gender, it may seem like there's no escape from your eating disorder, but it's within your reach, with treatment and support.

Your primary goals during treatment to stop emotional eating include:

- Reconnecting with the body experiences and with emotions
- Identifying the difference between physical and emotional hunger
- Increasing your capacity to tolerate feelings
- Learning healthy coping behaviours for negative emotions and thoughts and how to communicate needs and set boundaries with others
- Improve body image
- Learn self-care
- Address perfectionism and “all or nothing” thinking
- Recognize recovery as a process filled with ups and downs

Anorexia and bulimia aren't about food. They're about using food to cope with painful emotions such as anger, self-loathing, vulnerability, and fear. Disordered eating is a coping mechanism—whether you refuse food to feel in control, binge for comfort, or purge to punish yourself. But you can learn healthier ways to cope with negative emotions.

The first step is figuring out what's really eating you up inside. Remember, “fat” is not a feeling, so if you feel overweight and unattractive, stop and ask yourself what's really going on. Are you upset about something? Depressed? Stressed out? Lonely? Once you identify the emotion you're experiencing, you can choose a positive alternative to starving or stuffing yourself.

SHROPSHIRE COUNSELLING SERVICE

Emotional Eating How to Recognize and Stop Emotional Eating



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Emotional eating is when a person uses food as an attempt to control, monitor, and cope with negative feelings or thoughts.

Because emotional eating typically results in:- **under eating** and the refusal to sustain even a minimally normal body weight with an intense fear of gaining weight despite being underweight or **overeating**, often leading to poor self-esteem, unwanted weight gain, and obesity.

If you recognize emotional eating patterns in yourself, treatment can help you overcome it.

The best approach to stop emotional eating will include treatment for the underlying emotional causes and factors related to emotional eating patterns as well as treatment for behavioral issues.

One of the many signs of eating disorders is when a person uses eating or not eating to meet psychological needs rather than physical needs. As a result, some individuals suffering from eating disorders may feel a loss of control in other parts of their life, and therefore, they control what they eat obsessively as a way to gain control over their life.

If you are asking the question “how do I stop emotional eating?”, you need to first understand that emotional eating is not simply an eating pattern that can be stopped with a diet, and it is related to deeper emotional and mental problems. Emotional eating is caused by an inability to cope with emotional issues and problems. Individuals who experience emotional eating patterns use food as their primary tool for dealing with distress and regulating emotions.

Therefore, when you receive treatment to stop emotional eating, you will not only need to learn and establish healthy eating patterns and behaviors, but you will also need to address emotional issues. This can be done by working with a therapist who will help you learn to develop positive and healthy coping strategies in order to stop emotional eating patterns

Eating disorders can lead to a variety of potentially life-threatening and dangerous medical complications for individuals.

Eating Disorder Complications: Bulimia Nervosa

Bulimia nervosa is a serious eating disorder

during which individuals suffer from cyclical occurrences of bingeing and purging. Because of the extreme and dangerous purging activities characteristic of this eating disorder, complications can include: severe tooth decay and cavities as well as sores in the gums and mouth; water retention, swelling, and abdominal bloating; heart problems including an irregular heartbeat and heart failure; low potassium levels; swallowing problems and severe oesophagus damage; absence of period or irregular menstruation in females; digestive problems and even a lasting dependence on laxatives for bowel movements

Eating Disorder Complications: Anorexia Nervosa

This eating disorder is driven by an overwhelming desire to be thin. Therefore, it causes individuals to severely limit food intake while also attempting other extreme weight loss and weight control behaviours including compulsive exercising. Most of the eating disorder complications for individuals suffering from anorexia occur as a result of extremely low body weight, low energy availability and/or losing a significant amount of weight in a relatively short period of time.

