

Disordered Eating Part 2
Notes from June 19 2024

What is it emotional eating?

Eating to “create armor” against outside forces (like unwanted advances)

Eating to avoid falling asleep to be able to get things done

May be more to eating in a disordered manner may be more than emotional – multi-dimensional

“Emotional eating is eating as a way to suppress or soothe negative emotions, such as stress, anger, fear, boredom, sadness and loneliness. Major life events or, more commonly, the hassles of daily life can trigger emotions that lead to emotional eating.”

Coping with stress, past trauma
Nervous, restless
Distraction from feelings
Comfort
Reward for getting things done – bonus

Depends – in response to overwhelm, others might be a reward, looking to fill a void

Impact of having a plan → the metabolic diet; eating three times a day → asking what’s behind wanting to “graze” or “randomly eating”
Creating awareness, noticing

“The Easy Way to Health and Vitality” metabolic diet

“Fake Self-Care” feeding self in a disordered way → can be self-abusing, self-sabotaging, no need to make healthy food for self

Things ADHD contributes:

Impulsivity
Impaired Planning
Time blindness
Self-Sabotage
Now/Not Now
All/Nothing

Perfectionism
Out of Sight/Out of Mind
Not Wanting to be told what to do
Anxiety/Depression co-existing or resulting from living with ADHD

What happens when we forget to eat?
Feeling depressed
Hangry

Forgetting to eat (almost deliberately) as a way to claim control when we feel like there's so little we feel we can control

Need for boundaries and being able to express/exert them
Response "armor" to this, to neglect, to fear of acting outside our vows and the like

Cultural influences – promoting food as comfort

Injecting self-definition, self-worth as tool for managing
Even using now/not now to stay in the moment to determine what's happening could be helpful (being present in the moment to notice, ask questions of self)

Creating balance – looking at what is too much
Getting to know ourselves, watching for triggers like overwhelm
Allowing for imperfection so it's okay to self-medicate with food from time to time as with rewards

What else can we do to avoid or respond differently to triggers?
Eating properly before triggering events (proactive)
Having a menu of other options: going for a walk, going to a special place
Building a rhythm, routine or however you want to frame that → including defining a "special" time/meal like a breakfast and customizing day → can take the decision-making out of it, injects caring for self early in the day (breakfast)
Visiting farmers markets as an adventure, ask questions of the farmers of veggies and foods we're not familiar with
Inviting cognitive flexibility to continue learning; remaining "teachable"

When don't have the energy to cook, being okay with precooked and/or simple no-cook meals
Pre-prepping ingredients that you could eat by themselves or use in cooked stuff

Taking a class (community education) on nutrition or finding ways to overcome challenges like not being able to slice hard root veggies because of a disability or aging

Meal planning/prep as a group – where share skills in person (community room at a co-op)

“Standard American Diet” = SAD

Industrial Revolution impact on heavily processed foods available in US

MINDFULNESS

Next week: boundaries and self-worth