



How to tell if it's physical or emotional hunger

There are many different reasons why we eat and, in the self-care toolkit below, you'll find a list of the differences between physical and emotional hunger, and a handy food log to help you start to identify your own eating habits.

Physical

Comes on gradually – you can wait
You look for a variety of food
Once you're full, you stop eating
Feeling satisfied once you've eaten
You feel it in your stomach

Emotional

Comes on suddenly and feels urgent
Has a specific craving, usually involving sugar or carbs (but not always)
You don't notice you're full or don't respond to the fullness, so you eat until you're uncomfortably full
Feeling guilty once you've eaten
You think it in your head

Food Log - Your daily food diary

This is personal to you and doesn't need to be shared with anyone else. Capture honestly as much of the information listed below as possible for anything you eat. Try this for a few weeks, or until you see your patterns and/or triggers. It is important that you do this without judgement or criticism of yourself!

- Date
- Time
- What I ate
- Where I ate
- Thoughts
- Feelings
- What I noticed

[Read my Blog – Emotional vs Real Hunger to break the emotional eating habits](#)