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Functional Nutrition & Wellness

Emotional Eating & Other Triggers

Emotions

- Boredom
- Sadness
- Procrastination
- Anger
- Shame
- Joy
- Satisfaction
- For comfort
- Reward

Physical Reasons

- Fatigue
- Stress
- Soothing Stomach (to relieve pain)
- Thirsty
- Eating to Feel (full,)

Social Reasons

- Entertainment
- Pleasing
- Mindless Eating
- Social connection

Environmental

- Habits Outside Triggers (TV commercials)
- Availability of Food
- Smelling or Seeing Food
- Religious/Cultural

Psychological/Thoughts

- Thoughts as a trigger
- To eat for "nice skin"/energy/health and well-being/"I deserve this"
- "I don't want to waste this food"
- "I must finish everything on my plate"
- Distraction
- Procrastination