Discover your emotional eating patterns

We all experience several different emotions every day. Food has a place in resetting our mood and we have a biological drive to use food to improve our mood. By providing comfort, distraction or even sedation, eating can be a way to cover up our current feelings.

Here are four important questions to ask yourself if you feel that you are eating in reaction to your current mood.

1: Am I physically hungry?
2: Describe how you are currently feeling?
3: What do I need right now?
4: How can I meet my need without food?

Learn more in the Dakota Wellness Program Newsletter. sanfordhealthplan.com/ndpers