## Overcoming Stressors in Diabetes Management: Manage Emotional Eating

## Manage emotional eating

- Identify the negative emotions that drive you to eat mindlessly and find alternative methods for addressing and overcoming the difficult emotions.
- Minimise temptations to eat mindlessly e.g., don't buy / put snacks in the cupboard. Plan and engage in meaningful activities in the evening.
- Minimise over-restriction and schedule a regular (morning / afternoon / evening) snack time.
- Plan for your snack and take intentional steps to select a satisfying and enjoyable one, based on healthy portions recommended.
- Engage in conversation or activity with close friends or find a meaningful hobby.

