



Binge eating: the long guilt trip.



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“It’s been a long hectic day. You’re finally home, searching through the fridge, trying to find the perfect snack to set your mood right while you watch your favourite Netflix show. If given a choice, would you reach out for an apple or a chocolate?”

Let’s put the spotlight on stress eating!

When we are drawn to food in times of stressful situations or while dealing with negative emotions, we are looking for a psychological change which makes us feel better. Food helps, doesn’t it? Especially when you eat things like chocolates and refined carbohydrates, which have been specifically designed to activate these reward centers in your brain.

Scientifically, stress triggers increase in a hormone called cortisol, which increases our metabolism, and we end up needing more energy to overcome the deficit created.

So it’s indeed true, **“good food= good mood”**

I can’t stress enough on the importance of rewards. They keep us going, make sure we accomplish what we set out for.

Wouldn’t it be absurd to imagine birthdays without cakes? But at the same time, it’s important to draw a line when it comes to short term rewards, especially when we tend to comfort ourselves with food at the slightest discomfort we face.

If hunger isn’t the problem, then food is not the solution.

With the obesity stats rising, we all know that indulging in frequent emotional eating can be detrimental to our health on the long run.

Emotional eating isn’t a bad habit. It’s a sign that our current coping strategies are inadequate for our current stressors. Emotional eating won’t solve the emotional issues and whatever the solution is, it’s not in the fridge. The food we eat is fuel, not therapy.

So now that we’ve got a slight idea on this topic, how do we overcome this?

It starts with identifying the root cause of our emotions and then developing alternative coping techniques to deal with them. Personally, I like to take a long walk, call up an old friend and listen to soothing music.

Cheat days should exist from time to time but remember to eat consistent and balanced meals without depriving yourself. If you still feel that you’re not able to keep up, don’t hesitate to seek professional support.

We are what we eat.

So, the next time when you choose between the apple and the chocolate after a long stressful day, you’ll know if you’ve chosen right or not!