

LighterLife Weight loss tips: Are you really that hungry?



Your body can make you think you want food for various reasons even if you don't physically need any. Next time you want something to eat ask yourself these six questions before heading to the kitchen...

Am I bored?

Boredom is a major eating trigger for a lot of people. When you're alone in the house it's easy to convince yourself that you need to eat but actually, what are you eating for? Food should be to fuel your body, not to give you something to do

Am I tired?

Craving sugary foods is common when you're exhausted, as your body is trying to increase your energy levels. Instead of giving in to these cravings, give your body what it really needs and try to get some rest.



Am I stressed?

When you're worried about something you can often find yourself with a tub of ice cream in one hand and a spoon in the other. Stop and consider your current mood – are you using food to relieve stress? If so, step away from the fridge!

Am I upset?

Many people eat to deal with emotional turmoil. This is particularly common in those who prefer to avoid confrontation – so rather than address the problem directly, they'll eat to ease their feelings of anger or hurt. If you really can't face the person or problem causing you feel this way, it might be a good idea to write down how you feel.

Do my cravings always occur at the same time?

If you're a creature of habit, you might find that you want food at a particular time every

day, e.g. before dinner, in front of the television? It might you've just trained yourself into thinking that you need a snack because it's a repeated behaviour. One way to tackle this is to recognise your trigger situation and switch your routine – so instead of sitting in front of the TV after work, go and do something else that will keep your hands busy...



Do I only crave unhealthy foods?

If only doughnuts will do, it means that your hunger probably isn't physical but emotional. When you're really physically hungry, you're more likely to be open to a wider selection of foods. Emotional eating usually focuses on one type of food – and that's usually the food you've told yourself is 'bad' for you.



Want to reshape your future by kicking your bad food habits? LighterLife can help you understand why you eat the way you do, give you new ways to make better choices now and in the future. Consultations are free and no obligation - Call us on 044 934 4868 or 085 867 3999 or Visit www.lighterlife.com