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EMOTIONAL EATING

Honestly, most of us, don't always eat just to satisfy physical hunger. The truth that many (including you) turn to food for comfort and stress relief. You might jump to your car and head to your fav fastfood chain when feeling tired after a hard day work or perhaps open the fridge and drink a bottle of beer with a gulp if you're feeling anxious, or reach for a pint of ice cream or a big slice of cake when feeling down and lonely.

Emotional eating is using food to make yourself feel better—to fill emotional needs, rather than your stomach. Unfortunately, emotional eating doesn't fix at all. As a matter of fact, it usually makes you feel worse. In the end, the feeling of guilt for overeating ensues. Your emotional issue remains.



HOW TO STOP IT

- Call a someone who can make you feel better. Play with your pet perhaps or spend time with your love one to cheer you whenever you are down and lonely.
- Dance your heart out while listening to your favorite song or if you have ample of time, take a brisk walk around your neighborhood. Fill your lungs with fresh air on breathing. This can alleviate anxiety.
- A hot cup of tea and warm showers can relieve exhaustion. Some light scented candles while at bed. This has proven to have a good effect to relax your body.
- Read a good book, watch a comedy show, explore the outdoors, or turn to an activity you enjoy has effect on killing boredom.

Resist isolation in moments of sadness or anxiety. Even a quick phone call to a friend or family member can do wonders for your mood.

Chill man!

Source:

Smith, M., Robinson, L., & Segal, R. (2021, June 17). Emotional Eating. HelpGuide.Org. <https://www.helpguide.org/articles/diets/emotional-eating.htm>

Marcin, A. (2018, August 29). Emotional Eating: What You Should Know. Healthline. <https://www.healthline.com/health/emotional-eating>

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MENTAL HEALTH MATTERS

What thoughts have been dominating your mind lately? The mind is so powerful that what you think affects your direction in life, how you behave towards people and God. Too much knowledge makes us proud and arrogant to the point that we become unreceptive of truth.

- Pray for wisdom (James 1:5) - God wants us to have wisdom. He gives it generously to all who ask of Him. Amidst pain and suffering, we should ask God for wisdom, especially when we do not know what to do (James 1:2-4). This is so that we can be guided by His Spirit on how to properly respond.



- Know the will of God's Word (Ephesians 5:15-17) - Growing in wisdom is following God's way instead of our way. While many people do not understand the heart of God, God's desire is for us to be happy and to be protected from the consequences of making wrong choices. Wisdom enables us to make the right choices and receive the blessings of God.
- Delight in God's Word (Psalm 1:1-3) - Blessed are those who do not listen to the opinion of the world, but delight instead in God's Word, meditating on it day and night. God has promised that those who do this shall prosper.



"It is easier to stop worrying when you absolutely trust God for provision."

Gift Gugu Mona