**Lesson Plan: Emotional Eating**

**Educational Material**

1. **Teacher's Lecture:** In the lesson on human body wisdom, you learned about how the hunger and satiety system works. We discussed physiological hunger, which occurs when our body's energy level drops, prompting us to reach for food to replenish our supplies. Today, we will focus on another type of hunger: emotional hunger.

Are you familiar with this concept? If not, what does it evoke for you?

Emotional hunger is also called false hunger. Unfortunately, in today's world, the line between emotional and physiological hunger is blurred because from a young age, we use food to recognize and cope with emotions.

In our lessons, we learn about health, and in this regard, it's important to learn to distinguish between physiological and false hunger. Look at the chart - it illustrates the differences between them!

| **Physiological Hunger** | **Emotional Hunger** |
| --- | --- |
| Gradually builds up | Appears suddenly |
| One symptom is stomach rumbling | Felt mainly in the mouth - often referred to as craving something, e.g., ice cream |
| Subsides after eating | Completely disappears about 15-20 minutes after eating |
| Can endure for a while | Hard to refuse food, difficult to control strong cravings |
| Typically arises a few hours after the last meal | Doesn't matter when we last ate |
| Can enjoy various foods available | Crave one specific type of food, usually something sweet/salty/fatty |
| Feel satisfied after satisfying it | Feel shame, hurt, anger at oneself, and a sense of guilt after eating |

Now that you know that reaching for chocolates isn't the best way to deal with emotions, let's talk a bit about emotions.

Before we move on to "handling emotions," think about - do you know examples of human needs? Needs are common values ​​for all people in the world. Among them, we can mention, among others, the need for sleep, meaning, understanding, ease, development, help, contact with others, acceptance, health, sharing, peace, rest, etc.

The emotions we feel tell us whether our needs are met. If we experience pleasant emotions such as joy, peace, bliss, satisfaction - it means that our needs are met. However, experiencing anger, anxiety, frustration, fatigue, fear - we can assume that our needs are not met at the moment.

All emotions are necessary for us. Just as we don't tell someone with a toothache that their pain is out of place, similarly, even in the case of experiencing very difficult emotions, they shouldn't be avoided or suppressed by force. It's worth learning to "read" the information about ourselves conveyed by the emotions we experience.

If at some point we are angry because, for example, we quarreled with our best friend, maybe we have unmet needs for support, understanding, or relationships. And now let's think, sticking with the example of a conflict with a friend, how can you deal with the anger and other difficult emotions in such a situation? How do you cope in such moments?

1. **Now let's move on to the task.** In the attachment, you will find a text to read and questions to answer after reading.
2. **Summary:** From today's classes, you know that dealing with emotions can be difficult if we have trouble recognizing them. The matter becomes complicated when favorite food comes to the aid of all emotions. Therefore, it's worth learning to:
   * identify emotions,
   * understand what need this emotion tells us about,
   * allow ourselves to experience it,
   * look for solutions for experiencing emotions that suit us, improve our mood, and are not related to eating. Your homework will be to work with your own emotions.