

Overcoming emotional eating – Q&A

- **Q: Where can I go to learn more about mindful eating?**

- A: The December webinar we just did was largely on the topic of mindful eating. You might want to start with watching that recorded webinar on pebtf.org. To find the recorded webinar on pebtf.org, 1st click on the Get Healthy logo. Then click on “Get Healthy Webinars.” On that page you’ll find the December recorded webinar that you’re looking for.

- **Q: How long do I need to do deep breathing in order to get the benefit?**

- A: I practice deep breathing in the heat of the moment (when I’m stressed) and when I do this I only do it for 30 seconds to 1 minute...and I feel the calming benefit in just this short of a period of time. People also practice deep breathing 1st thing in the morning or last thing before bed. When starting to practice deep breathing at these times, I’ve heard that people start with a very short period of time and work their way up slowly to whatever amount of time they feel they need.

- **Q: How do I keep my mind from wandering while I’m practicing deep breathing?**

- A: It’s completely normal if you’re practicing deep breathing for more than 30 seconds to 1 minute to have your mind wander to thoughts other than your breathing. This wandering of your thoughts is to be expected. When you notice you’re thinking off topic, gently and compassionately bring your mind back to your breathing. As you practice deep breathing, it’s likely that your mind will wander less and less.