

How sending a text can help you eat better

Ever notice how you just feel a little lighter after a laugh with some buds, or a heartfelt convo with a loved one?

Those kinds of positive social interactions can directly boost your mental and emotional wellbeing.

But here's a less obvious connection:

Strong social connections might help people eat better, too.

That's because loneliness is often a driver of emotional eating.

Having adequate social support lowers stress and maybe the incidence of angry-chip-eating or crying-into-a-bowl-of-ice-cream.

But get this:

Even when people know that connection with others is good for their health, they might still be reluctant to actually pick up the phone.

Why is it so hard to reach out?

A University of Chicago study pointed to an interesting answer:

We undervalue how much people care about staying connected with us. □

When we consider reaching out to someone, we're likely to have thoughts like, "She's probably busy with her own life. I don't want to bother her."

Or, "I only have time for a five minute conversation and that's not really enough time to catch up."

(Sound familiar?)

But here's the tragic irony: Most people are craving connection. They feel delighted and heartened when someone calls or texts to check up on them, or chooses to confide in them.

And yet, many of us feel like no one cares to hear from us.

Meanwhile, we turn to the cookies instead of a trusted friend.

Why bring up this interesting little study?

Challenges with food and fitness aren't always about food and fitness.

What looks like a food issue (overeating) might actually be a social issue (if overeating is triggered by loneliness and isolation). And that social issue might not be caused by a lack of connections per se, but by inaccurate assumptions.

If you struggle with emotional eating, dig a little. What else in your life gives them comfort and support—aside from food?

If your social plate is a little empty, consider taking the initiative to grow your relationships. You could even make a list of little social tasks to do whenever you get the urge to eat. Like:

- Text a friend
- ☎ Schedule a walking date with a buddy
- Hope on FaceTime for a chat
- Go old school and write a loved one a note

Just see what happens. Your connection with someone just might make you feel a little fuller (and not the kind associated with indigestion).

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

Phone: (810) 569-8184

Joshua@compasshealthwellness.com