**EAPondering – Eating Over What’s Eating At Us**

A message from your Employee Assistance Program

Contrary to the familiar expression that “you are what you eat” many of us have come to recognize that a more accurate statement might be that “you are what’s eating *you*!” Comfort foods that seem to act like medication for our difficult emotions rarely change anything, but that doesn’t stop us from turning to eating as an attempted solution to problems.

Ester Kane, a Canadian psychotherapist and author writing about food issues and weight concerns has some specific insights and suggestions to help you begin to separate food from feelings. Follow, or copy and paste the link:

<https://urldefense.proofpoint.com/v2/url?u=http-3A__blog.myfitnesspal.com_how-2Dto-2Dbreak-2Dfree-2Dof-2Demotional-2Dovereating_-3Fbb-3Ddisable&d=CwIFAg&c=EZxp_D7cDnouwj5YEFHgXuSKoUq2zVQZ_7Fw9yfotck&r=AIMszgUgc_YYsitrMsMaPw&m=FMSJIA-i5etiAig2MFKhZPdPMvbuTlXhXuyXMLIy1yo&s=_rrvEX3aD17GKrwx7ZMoPXnN4MqiOmwm-9WmlR8JD1Q&e=>

If you would like to talk about emotional eating, or any other concern, the UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call for a private appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)