

What is Binge Eating?

Binge eating involves regularly eating large portions of food all at once until you feel uncomfortably full, and then often upset or guilty.

Binge eating is far from being enjoyable, binges can be very distressing. Sufferers find it difficult to stop during a binge even if they want to, and some people with binge eating disorder have described feeling disconnected from what they're doing during a binge, or even struggling to remember what they've eaten afterwards.

Some people may attempt to control their weight by alternating periods of binging with dieting, while others gain weight and become obese. Often this can also lead to high blood pressure, high cholesterol, type 2 diabetes, and heart disease.

People may also have low self-esteem and lack of confidence, depression, and anxiety. It is likely to be changes in behaviour and feelings that those around them notice first before any physical symptoms become apparent.

People with binge eating disorder also may:

- Eat more quickly than usual during binge episodes
- Eat until they are uncomfortably full
- Eat when they are not hungry
- Eat alone because of embarrassment
- Feel disgusted, depressed, or guilty after overeating

While binge eating disorder can affect anyone, the condition tends to be more common in adults than in younger people. This may develop from or into another eating disorder.

Causes of Binge Eating

We do not know exactly what causes binge eating disorder. You may be more likely to engage in binge eating behaviours.

- You have been criticised for your eating habits, body shape or weight.
- You are overly concerned with being slim, particularly if you also feel pressure from society or your job – for example, ballet dancers, jockeys, models, or athletes
- You have anxiety, low self-esteem, an obsessive personality or are a perfectionist
- Trauma

CAUSES OF BINGE EATING and what to do about it

CAUSES OF BINGING AND OVEREATING:



Genetic & biological causes of binge eating disorder



Other mental disorders and symptoms (depression, anxiety and substance abuse)



History of weight stigma



Frequent or restrictive dieting



Childhood trauma (abuse, neglect, etc.)

WHAT MAKES BED DIFFERENT FROM SIMPLY OVEREATING?

Binge episodes occurs more frequently and are impactful enough to interfere with someone's life, relationships and work

Experience intense embarrassment and shame, often hide their behaviors or lie about their food intake

Spend abnormal amounts of time thinking about food and eating

People with binge eating problems might wait years before they tell anyone



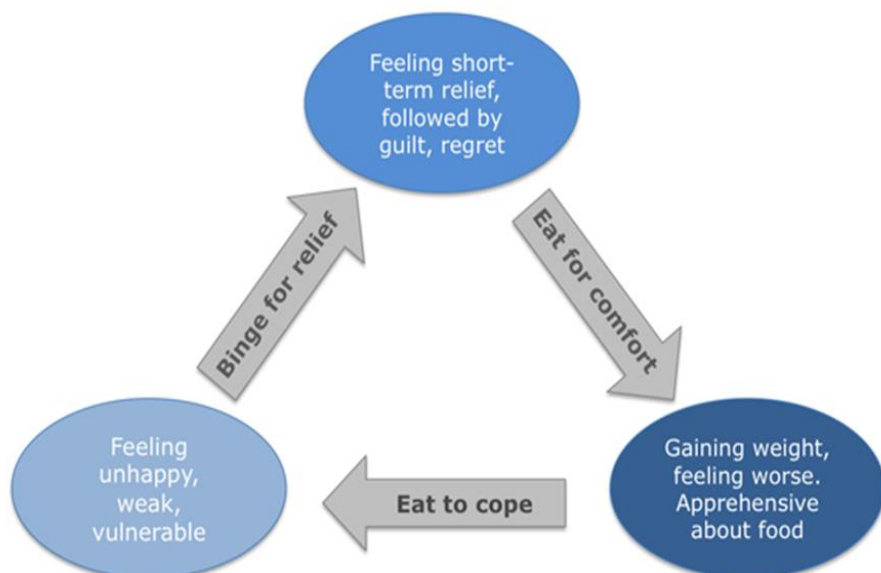
BED (Binge Eating Disorder)

What may trigger a binge eating episode?

Commonly they occur when a person is feeling uncomfortable or negative emotions, such as sadness, anger, or loneliness. Binge eating usually takes place in private, though the person may eat regular meals outside their binges. People with binge eating disorder may also restrict their diet or put in certain dietary rules around food – this can also result in them binge eating due to hunger and feelings of deprivation.

People often have feelings of guilt and disgust at their lack of control during and after binge eating, which can reinforce that cycle of negative emotions, restriction and binge eating again.

The Typical Binge Eating Cycle



The Binge Eating Cycle



You may engage in other unhelpful behaviours to attempt to manage weight fluctuations such as purging this may be induced vomiting or misuse of laxatives/diuretics. Engaging in these unhelpful behaviours only maintain this unhelpful cycle.

It is important that you do not try to diet while you are having treatment because this can make it much more difficult to stop binge eating. Weight loss should be put on the backburner until you have made positive changes in your relationship with food and yourself.

Strategies

- Monitor what you are eating –We recommend this resource:

Take Charge and Initiate Change Module for Self-Monitoring

- On **page 6** of this resource there is a blank log sheet which can help you notice and try to change patterns in your behaviour.
- **Make realistic meal plans!** Planning what and when you intend to eat throughout the day can help you regulate eating, prevent hunger, and reduce binge eating.
- **Learn about your triggers** – this can help you to recognise the signs, intervene and prevent a binge - identify the underlying causes of your disorder. This means you can work on those issues in a healthier way this may be further work on self-esteem, perfectionism etc.
- **Find other ways of coping** with your feelings by exploring coping healthier strategies to tolerate feeling and emotions – deep breathing mindfulness, relaxation techniques. Challenge negative body image.....click here for resource: [Body Image Resource](#)

WHAT KIND OF HELP SHOULD BED SUFFERERS LOOK FOR?

- 1 Seek therapy & professional help
- 2 Put weight loss on the back-burner
- 3 Practice stress-reducing techniques
- 4 Try mindfulness meditation, deep breathing & yoga
- 5 Get support from family & friends

How to Address Emotional Hunger Triggers *trigger may also be a feeling:

<u>Activating / triggering event situation*</u>	<u>Beliefs</u>	<u>Consequences</u>	<u>Dispute with logic or evidence</u>
<ul style="list-style-type: none"> • <u>What was happening just before I started to feel this way?</u> • <u>What was I doing?</u> • <u>Who was I with?</u> • <u>Where was I?</u> • <u>When was it?</u> 	<ul style="list-style-type: none"> • <u>Thoughts and/or images</u> • <u>What was going through my mind at that time?</u> 	<ul style="list-style-type: none"> • <u>Emotions</u> • <u>Describe in one word & rate intensity 0- 100%</u> • <u>Physical sensations</u> • <u>What did I feel in my body</u> • <u>Behaviours: actions & urges</u> • <u>What did I do?</u> • <u>What did I feel like doing?</u> 	<ul style="list-style-type: none"> • <u>Challenge your thinking</u> • <u>Alternative thinking</u> • <u>Positive beliefs and affirmations</u> • <u>Come up with an action plan to 'compensate' and create balance</u> • <u>How can I improve on this behavior or avoid it in the future?</u>

The main symptom of binge eating disorder is eating very large amounts of food in a short time, often in an out-of-control way. Use the Eat Well Plate to try and control the amount:



Binge Recovery Steps

1. **FORGIVE:** Don't beat yourself up. Move on.
2. **REFLECT:** What happened leading up to it? Did you let yourself get too hungry? Was it emotional?
3. **EAT NORMAL:** Don't restrict food or calories.
4. **DRINK WATER:** It will help rehydrate and flush out any added toxins.
5. **EXERCISE:** Go on a walk, stretch, do yoga. Just get your blood pumping.
6. **LOVE:** Read affirmations over yourself.
7. **REST:** Make sure you get enough sleep.









Having suicidal thoughts? Discuss with a loved one, call Samaritans on **116 123** or access your **G.P.** or **Crisis Service** via **NHS** on **111**.

Our recommended resources (click for direct access):

NHS Inform	Offers the most up-to-date advice on dealing varying mental health difficulties, including the 5 Steps to Mental Wellbeing. Please visit: NHS Inform
Wellbeing	Our website offers a variety of self-help materials, groups, and courses for all sorts of problems that you may be facing. Anyone can download the self- help materials. Please visit: Wellbeing Website Glasgow
Mental Health Foundation	A range of content designed to give you more information about mental health and to help you to look after your mental health. Please visit: Your Mental Health - Mental Health Foundation
NHS Every Mind Matters	Interactive website providing you the opportunity to complete a short quiz which creates a Mind Plan of what you can do to improve your mental health. Please visit: Every Mind Matters
Psych Central	Run by mental health professionals offering reliable, trusted information to individuals struggling with a mental health. There is also an excellent quiz section allowing you to find out more about your symptoms and how to manage these. Please visit: PsychCentral for Mental Health
MIND	Information hub provides advice on how to support your mental wellbeing. Please visit: MIND Information Hub
SAMH	Hub of information and guidance about looking after mental health. Please visit: SAMH Guidance for Mental Health

Useful Apps:

	Mind Shift	Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations
	SAM	SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques.
	Happify	Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts
	Headspace	The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.
	Calm	Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.
	Smiling Mind	Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. This is helpful during times of stress and is a fun and unique way to help you put a smile on your mind.