



## Mental Health: Emotional Triggers & Cravings

Cravings are often emotional, not nutritional. Stress, fatigue, and loneliness amplify desire for quick comfort foods. Identifying emotional triggers restores autonomy. Control begins with insight.

Dopamine-driven cravings increase during stress and sleep deprivation. Highly processed foods temporarily relieve discomfort but worsen metabolic instability.

Lab patterns often show glucose and insulin volatility in individuals with frequent emotional cravings.

Interrupting the trigger-response loop reduces cravings intensity over time.

### 01 Is This Your Story?

A patient craves sweets during work stress despite adequate meals. When stress-management tools are introduced, cravings diminish. Over time, blood sugar stability and mood improve.

### 02 Try This Today

**Measure:** Track what emotions precede cravings.

**Do:** Pause and label the feeling before responding today.

**Reflect:** Ask whether cravings signal hunger or emotion.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

