



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Eating Due to Depression

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We often try to fill emotional needs with physical pleasures. One example of this, of course, is eating due to depression. When you are depressed, sad or just not feeling right, you may eat in an attempt to make those negative feelings go away.

It may work for a short time, but the negative feelings will surface again very quickly, along with the frustration of weight gain or the inability to lose weight. This can cause you to feel depressed, opening you up to a downward spiral of sadness and overeating. As you continue to misuse food, you gain more weight or become less capable of losing weight, causing you to feel more depressed and more likely to continue the compulsive behavior of emotional eating.

To break the habit of eating due to depression, you need to learn the difference between emotional emptiness which is the depression and physical emptiness which manifests in the form of hunger. Only when you can learn to identify what is really causing you emotional pain and emptiness, will you be able to address your pain at its root instead of gorging on food in an attempt to feel better.

Find a comfortable place to relax for sometime. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these meditations to be able to hear all the subtle sounds.

Allow yourself to get cozy and relaxed. Adjust your pillows or blankets so you can rest peacefully. In a moment, I would like you to take three deep breaths and with each breath, **exhale slowly**, as you exhale, completely release the tension and stress from your body.

On the third deep breath, as you exhale, let your mind and body really sink into a deeply relaxed state, let your eyes slowly close, and feel your **awareness**

going to your inner mind. Now, place your hands on your belly and **breathe**

into your abdomen, and as you exhale, **let go of the stress** and tension in your body, feel your belly inflating on the inhale and deflating on the exhale like a balloon. Visualize that as you breathe
Focus all your attention on your breath now.

In and out.

Now take another breath in and let it fill you with a **wonderful smooth softness** like a gentle warm breeze

Letting your breath **relax you**, and allow you to go into a perfect state of **deep relaxation**