

Binge Eating Triggers

Binge eating disorder (BED) is a severe, life-threatening, and treatable eating disorder characterized by recurrent episodes of eating large quantities of food when triggered by several factors.

Stress and Anxiety

Stress and anxiety leads to periods of not eating and then binge-eating episodes.



Being Ravenous

When individuals are overly hungry and gain access to food, it's natural to eat faster and more. Binge eaters typically eat irregularly, skip meals, and restrict, so they feel hungry often.



Depression

Emotional triggers are very common for binge-eating. Persistent sadness induces binge-eating episodes.



Social Eating

Social eating settings usually have snacks and bowls of food. These situations coupled with stress leads to binge-eating episodes in the social setting.



Loss of Control

When individuals feel they have no control over things in their life, they control food intake. They latch on and take full control.



Boredom or Anger

Boredom can cause an individual to focus on food and consume more than the normal amount. It is important to ask individuals how much they consume when bored or angry at someone in their life.



Body Image Concerns

Individuals who binge-eat tend to have higher levels of body dissatisfaction and body preoccupation. Negative feelings about one's body may lead to extreme dieting.

