



STOP MENTAL ILLNESS FOUNDATION (SMIF)

EMOTIONAL HUNGER

NEWSLETTER



01 WHAT IS REAL LOVE?



HACKS TO LOVE A PERSON GENUINELY

- Love yourself
- Don't judge
- Be selfless
- Forgive easily
- Believe in them
- Be loyal
- Accept your mistakes
- Apologise
- Make time for romance
- Compromise



HABITS THAT INDICATE EMOTIONAL HUNGER

- You Give Too Much Of Yourself
- You Think You Know What Everyone Thinks About You
- You Are Overly-Attached To Social Status
- You Have Sex To Feel "Alive"
- You Use Substances To Meet Emotional Needs
- You Can't Accept When A Relationship Ends
- You Struggle With Boundaries

EMOTIONAL HUNGER VS LOVE

02 SIGN OF EMOTIONAL HUNGER

Emotional hunger is "a feeling of a strong emotional need that is usually brought about by deprivation in childhood".

02 HOW TO FIND REAL LOVE

You can look in the mirror every day, ask yourself if you'll find love, and hope the answer will be affirmative one day. But staring into a mirror won't change your life. These steps might.

03 TRAITS OF EMOTIONAL HUNGER

Hunger comes on rapidly and is immediately intense, often in conjunction with an intense emotion.

03 EXCLUSIVE! JANUARY 9 COLLECTIVE CELEBRATES 11TH ANNIVERSARY

03 HOW TO DEAL WITH EMOTIONAL HUNGER

When negative emotions threaten to trigger emotional hunger, you can take steps to control cravings. To deal with emotional hunger, try these tips:

02 CHARACTERISTICS OF REAL LOVE

Everybody wants to be loved, seeks it, and hopes for love, but some are incapable of giving it freely. We can give and receive love in different ways, such as:



HOUSE 4, E CLOSE, 14 ROAD,
EFAB CITY ESTATE, LOKOGOMA
ABUJA, AMAC, FCT, NIGERIA



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What is Real Love ♥ ?

That question is rarely asked. They instead inquire, "What is love?" The majority of people ask some variation of this question almost daily, and it frequently makes them mentally exhausted. Why? It's the wrong question, that's why. Love is an illogical jumble of a word. You will receive 100 distinct, frequently contradictory answers if you ask 100 people to define "love."

The REAL question is, "What is Unconditional Love?" That is so different from what most people have ever known that we're going to call it Real Love. Real Love is unconditional love.



It starts with butterflies in your stomach and ends with intense feelings for your partner. True love entails putting the other person's needs above your own and being empathetic towards them. Real love is all-encompassing and makes you feel peaceful and content. It does not allow space for negative emotions like jealousy and ego. Real love is of the heart and is a feeling that is the result of your intention to be loving.

When you can't help but think of that one person and know you would do anything, no matter how painful, for him or her; when you don't need words to describe what you share; when you don't need to be physically together to know how much you two love each other.

What's your own definition of love? Visit our website and give your answer in the comment section.



Emotional Hunger and Maternal Love ♥

Physical hunger means that you eat when your body signals to you that you are hungry, while individuals with emotional hunger turn to food to avoid uncomfortable emotions or to heighten a pleasurable one. This typically means that they eat based on their feelings, rather than what the body needs.

Maternal love is an essential component in the development of emotional life.

Many individuals who lack maternal love in the early years of their life usually deal with emotional hunger in adulthood. Deficiency disease of the emotional life shape appetite for a deep need to be liked or loved as a restoration of maternal love.

Some individuals will turn to food for emotional nourishment, while some will develop a rich and elaborate fantasy life.

Read more on our website

Characteristics of Real Love

- Receiving and giving out gift
- Acts of service to others
- Showing kindness to others
- Spending quality time with our loved ones
- To develop a certain level of faith and trust in someone
- To express our concerns and listen attentively to others
- Keeping other people's needs in mind and displaying mutual understanding
- Showing mutual respect and a sense of commitment towards others
- Acceptance of other peoples' imperfections, flaws and weaknesses.



How to satisfy Emotional Hunger

- Call a friend who always makes you feel better, play cards, or read a nice book if you're feeling down, unhappy, or lonely.
- Take a walk, get a massage, or listen to music if you're feeling anxious.
- If you're worn out, make yourself a hot cup of tea, take a bath, put on some relaxing music, or get some rest by going to bed early.
- Read a nice book, watch a comedy show, walk outside, or engage in an enjoyable activity if you're bored (woodworking, bowling, scrap booking, etc.)

How to find Real Love

Make an effort: The more of an effort you make to stay in shape, look nice, and be socially active, the more likely you are to find true love.

Say yes more: The more experiences you have in life, the more things you do. The more willing you are to try new things, the better.

Enjoy the single life: Remember, when it comes to knowing how to find true love, it often comes to you when you least expect it.

Stay positive: Keep positive about finding love and the whole dating game. The more obsessive and miserable you get, the more you are likely to close yourself off from people.

Be sociable: The more sociable you are, the more people you'll meet.

Know when to let go: If you cling to every person with potential, stay in relationships that you know aren't working, or keep brushing problems under the rug and refuse to acknowledge how you really feel, you only end up unhappy.



Signs of Emotional Hunger

When a person grows up without love or affection as a child, that manifests itself as a strong need for emotional closeness as an adult. The following are some of the signs of emotional hunger:

- **Obsessed with love:** you tend to value the love and touch of another human being.
- **Giving too much of yourself:** Over-giving to others in the hope that being available and helpful to others.
- **Super clingy:** While being loving and attentive is a good trait, their partners may feel like they are suffocating.
- **Struggles with boundaries:** If you are emotionally hungry, it can be challenging to set boundaries with others.
- **Engaging in casual hookups to feel a thrill:** seeks casual sex, they do it to pursue "nourishment."

Traits of Emotional Hunger

- It is very sudden
- It is for a specific food
- It is "above the neck."
- It is urgent.
- It is in response to an emotion.
- Involves automatic or mindless eating.
- Does not stop eating in response to fullness.
- Feels guilty about eating.



How to deal with Emotional Hunger

- Keep a food diary.
- Tame your stress.
- Have a hunger reality check.
- Get support.
- Fight boredom.
- Take away temptation.
- Don't deprive yourself.
- Snack healthy.

Oluseyi's Corner

Exclusive

January 9 Collective Celebrates 11th Anniversary: Organises Lecture on Mental Health

11th Anniversary Lecture

Theme: **MENTAL HEALTH**
Non-Governmental Organizations (MHNGOs) Role in Nigeria's Health Sector
...a descriptive analysis of practitioners' perspectives

GUEST SPEAKER
Oluseyi Elizabeth Odudimu
Founder/CEO-Stop Mental Illness Foundation (SMIF)

Monday January 9th, 2023

10:00AM
West Central Africa

Meeting ID: 871 5437 0475
Passcode: 731 355

Lending her voice to the urgent need for intervention was the guest speaker, Oluseyi Elizabeth Odudimu, a UK-based mental health expert and CEO, Stop Mental Illness Foundation (SMIF) who delivered a paper on the topic: "Mental Health: Non-Governmental Organisations (MHNGOs) Role in Nigeria's Health Sector".

According to Odudimu, state and federal governments need to examine why there is a rise in mental health cases and take steps to reduce the incidents of the stigmatisation of mental health patients.

According to her, the growing problems in the mental health sector include: inadequate mental health care facilities to meet the needs of our large population, zero budget or low investment in mental health care services, unavailability of education and relevant training materials at national and sub-national levels and failure to integrate mental healthcare to primary healthcare.

She noted that despite their best efforts, MHNGOs still face challenges such as scarcity of mental health professionals, insufficient facilities and inaccessible services, financial and resource constraints, the criminalization of attempted suicide victims and policymakers giving less priority to mental healthcare issues.

She stated further that mental healthcare can be improved if governments and other stakeholders can work together for policy improvement, integration of mental health care to primary health care, political buy in and urgent bio-psychosocial research to understand the cause, course and outcome of mental disorders in Nigeria.

Check this corner for more articles on Mental Health

SUPPORT US

A drop of water, as commonly said, makes a mighty ocean. Donations from kind hearts like yours help us on our quest to eradicate mental illness stigma in Nigeria.

Cash and material donations are needed to help improve mental health care, raise awareness, and provide much-needed resources for families and individuals living with mental illness disorders.

Account Details:

Acc. No: 2042556558

Acc Name: Stop mental illness foundation

Bank: First Bank Plc



JOIN US

To improve the lives of others, your help is needed.

Joining SMIF Nigeria grants you access to our team of wonderful people motivated to create a better mental health system for themselves and their immediate environment.

Volunteering lets you engage yourself in productive deeds which in turn leads to a better society at large.

Volunteering is a part-time, unpaid service, but the intrinsic benefits will surely elate you!

Editor's note






I thank God for the success of the first edition of the SMIF Newsletter. I also commend the efforts of the directors for bringing this beautiful piece together. "A tree doesn't make a forest."

This edition explicitly covers Emotional Hunger and Real Love, I hope you find this piece edible for your mental growth.

Stay tuned for the February Edition, as it promises to be a bomb. Follow us on all our social media handles for daily menus.

Thank you.



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