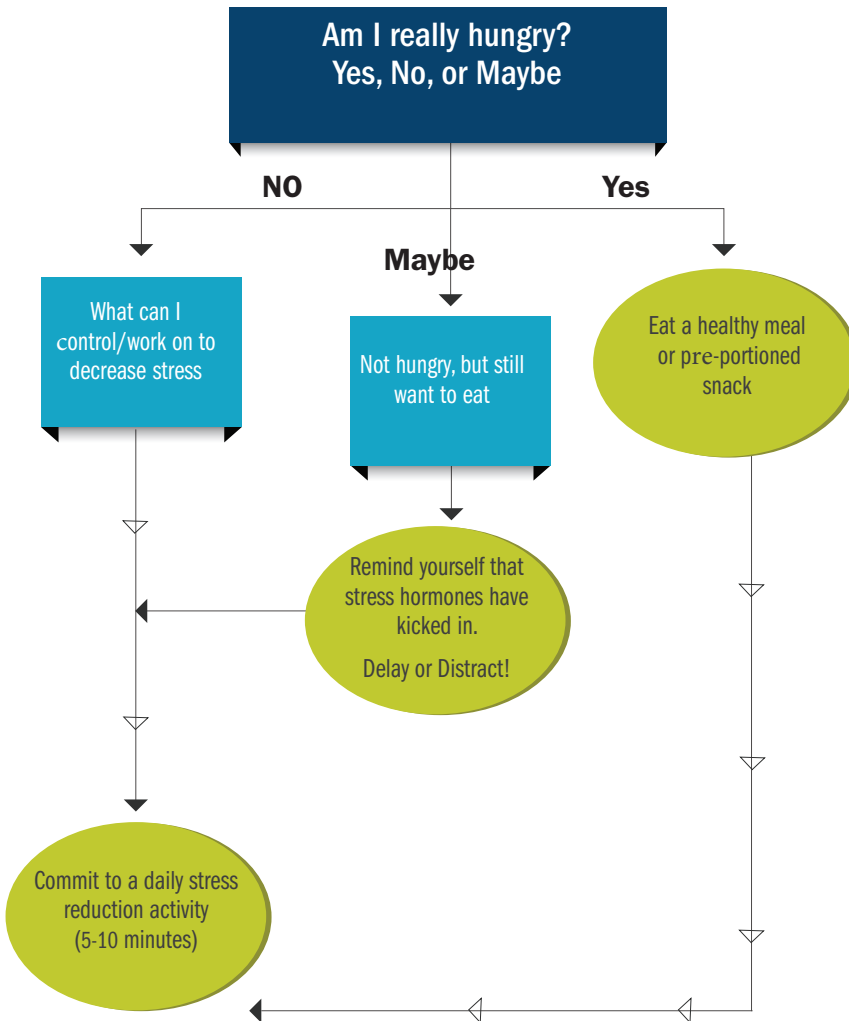


FOOD AND STRESS

Sometimes we turn to food during times of stress because it distracts us and makes us temporarily feel better (the act of chewing or munching/crunching may feel somewhat “therapeutic”). However, turning to food when stressed can lead to binge-eating and significantly hinder your weight loss efforts.

In addition, consuming high-sugar foods/beverages; caffeine; and/or alcohol during times of stress can cause your blood sugar levels to quickly rise, and then come crashing down. This drop in blood sugar can leave you feeling tired, cranky, and even more stressed!

Next time you feel like “stress eating”, follow these steps:



Stress reduction activities

- Yoga
- Meditate or deep breathing
- Read a magazine or book
- Go for a walk
- Play a game
- Spend time with a loved one or pet
- Sit quietly
- Write in a journal
- Call a friend
- Listen to favorite music
- Other: Choose something that isn't alcohol, smoking, and/or high-sugar/high-fat food/drink

Delay

- Drink a tall glass of water
- Make a hot cup of tea
- Chew on a piece of gum

Distract

- Go for a walk
- Commit to a daily stress reduction activity

IMPORTANT REMINDER:

Reducing stress and managing stress eating takes practice! Stay the course! If you need more assistance, seek the advice and guidance of a qualified mental healthcare professional.