


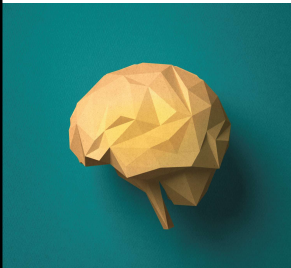
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Eating to Reduce Stress


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What is Stress?





- World Health Organization (WHO) defines stress as “a state of worry or mental tension caused by a difficult situation”
- Merriam-Webster dictionary: a physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

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Eating is used as “a way” to manage stress



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Using food to relieve stress



Food makes us feel good in the moment

When we eat our brains release “feel good” chemicals (endorphins)

Endorphins are chemicals your body releases when it feels pain or stress. They are released during pleasurable activities: exercise, massage and eating to help improve your sense of well being.

Duration of these chemicals, 20-30 minutes

repeat


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Objectives


- Know the signs of stress.
- Know what triggers your stress. These are activities, situations, times, places and emotions that may give you an urge to eat when you are not physically hungry.
- Learn new ways to deal with these situations.

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3 A's of Stress Management



- AVOID
- ALTER
- ADAPT

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3 A's of Stress Management

AVOID

Avoid needless stress. Think about situations that stress you out. Are there some that you can avoid?

Examples:

- Someone who constantly annoys you
- Taking on too many projects or activities
- Leaving too late for work or other appointments

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3 A's of Stress Management

ALTER

Alter stressful situations you can not avoid

Examples

- Tell someone how you feel about something
- Ask someone to change their behavior
- Change your environment (get rid of junk food you keep a drawer at work or in the pantry at home)

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3 A's of Stress Management

ADAPT

Adapt to stressful situations you can not avoid or alter by changing your thinking, actions or feelings.

Examples:

- Practice gratitude. Appreciate the good things in your life.
- Put the situation in perspective, ask yourself "is this worth getting upset over?"
- Practice relaxation techniques like counting to 10 or taking 3 deep breaths
- Exercise

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