

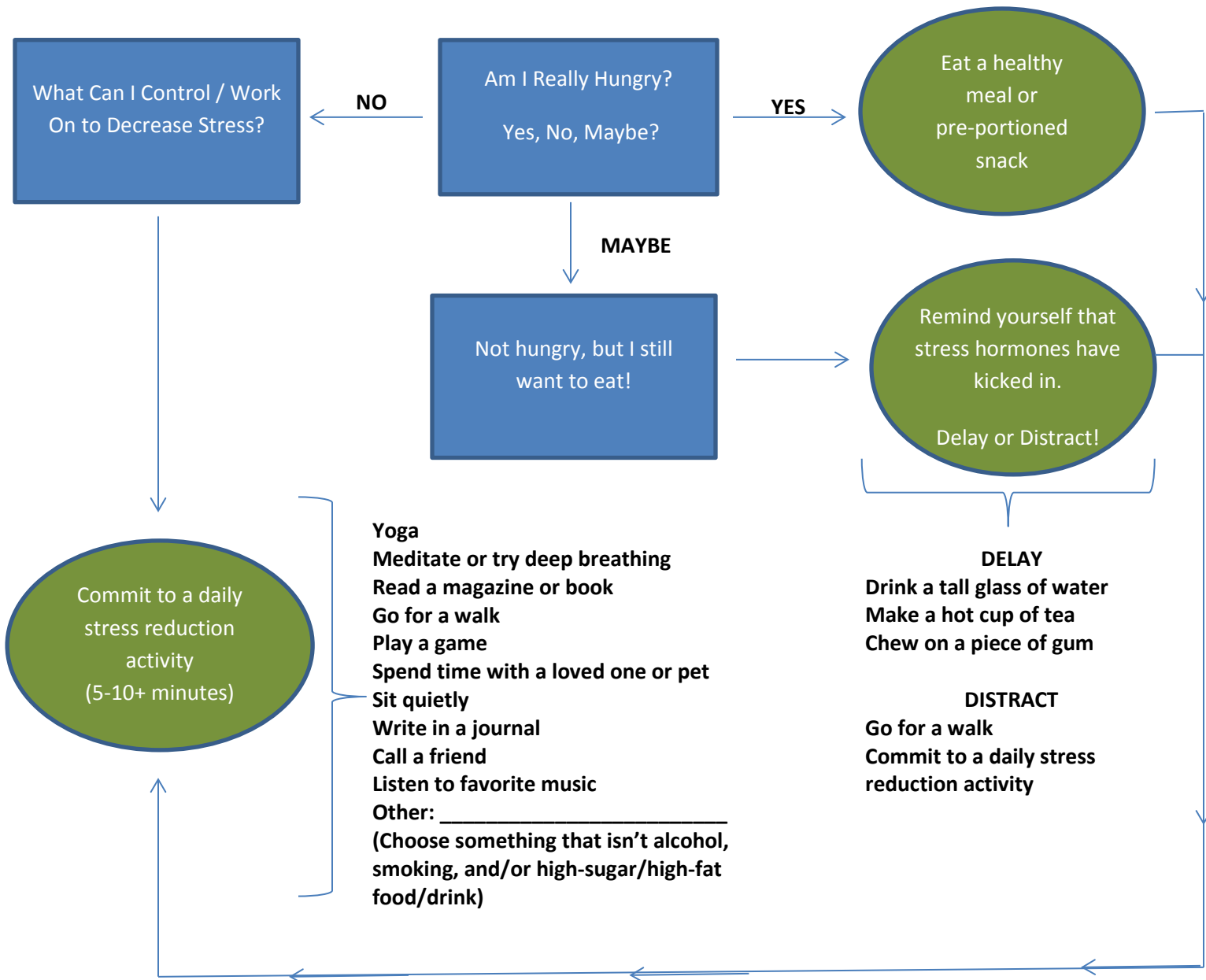


FOOD AND STRESS

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:



IMPORTANT REMINDER:

Reducing stress and managing stress eating takes a lot of practice! Don't give up! If you need more assistance, seek the advice and guidance of a qualified mental healthcare professional.