

Find yourself eating more?

How to minimize weight gain when you're stressed¹

Cortisol (stress hormone) levels increase during stressful times and gives you a strong urge to consume foods high in carbohydrates, sugars and fats.

EXERCISE

- Decreases cortisol levels
- Triggers release of mood-improving chemicals
- May help speed up metabolism






Find other Rewarding Activities

that are unrelated to food, such as reading, talking with friends, or listening to music.





Learn Mindful Eating

Slow down, tune in to your feelings of hunger or fullness, rather than eating just because there's food in front of you.

Stress-Relieving Foods^{2,3,4}

Food	Stress Protection Value
Walnuts 	Helps lower your blood pressure and even contains polyphenols that prevents memory loss.
Berries 	Rich in Vitamin C, it helps to combat stress by lowering cortisol levels and has been linked to sharper cognition.
Fatty Fish (containing Omega-3 fatty acids) 	Prevents surge of stress hormones, for example cortisol.
Dark Chocolate 	Lowers blood pressure, contains magnesium which relaxes muscles. Low magnesium levels can cause headache.
Green Tea 	Packed with theanine, it increases the brain's output of relaxation-inducing alpha waves and reduces output of tension-making beta waves.

Staying Awake: Alternatives to Caffeine^{5,6}

Healthier Alternative	How Does It Help?
Apples 	A good source of fructose (natural sugar) that helps keep you awake.
Beverage containing Vitamin B12 	Vitamin B12 is essential for the proper functioning of our bodies that enhances our mental clarity and energy. Many energy drinks contain this.
Low Carbohydrate Snacks 	Raspberries, oranges, grapefruits and apples make great low-carb energy boosters.
Water 	Our bodies are made up of 75% water. Drinking water keeps cells hydrated and makes us less likely to feel lethargic.



¹ Why We Gain Weight When We're Stressed – And How Not To. Retrieved 28 Feb 2014 from <http://www.psychologytoday.com/blog/the-mindful-self-express/201308/why-we-gain-weight-when-we-re-stressed-and-how-not>. ² Combating Stress with a Balanced Nutritional Diet. Stress Management Society and Bodychef. Retrieved 20 Feb 2014 from <http://www.stress.org.uk/files/Combat-Nutritional-Stress.pdf>. ³ 13 Foods That Fight Stress. Retrieved 20 Feb 2014 from <http://www.prevention.com>. ⁴ 11 Healthy Ways to De-Stress With Food. Retrieved 20 Feb 2014 from <http://www.rd.com/slideshows/11-healthy-ways-to-destress-with-food/>. ⁵ 7 Healthier Alternatives to Drinking Coffee. Retrieved 28 Feb 2014 from <http://www.asianscientist.com/health-medicine/7-healthier-alternatives-drinking-coffee-2013/>. ⁶ Seventeen Caffeine-Free Ways to Stay Awake. Retrieved 28 Feb 2014 from <http://www.divinecaroline.com/self/wellness/seventeen-caffeine-free-ways-stay-awake>.