

## Are you a Stress Eater?

### Stop Stress- Induced Overeating Tips to Help you Stop this Unhealthy Habit

- **Practice waiting.** Postpone your instant gratification when hunger hits. Tell yourself you'll wait 15, or even better 30 minutes to eat. Chances are good if your cravings are only stress-related, they'll disappear when you allow yourself to become distracted.
- **Keep a running list of what you eat each day.** Knowing you have to write down every snack or nibble can be a good way to remind yourself to think before eating.
- **If you binge at the end of the day,** get a book, magazine, or video instead to have something to look forward to and to distract you from stress-related cravings.
- **Make a personal rule to eat only while seated and when not otherwise occupied by a task.** You will focus more on eating and won't absentmindedly consume more than you wish.
- **Enlist a friend's help**-ideally, one who is also tempted by stress-related cravings. When you feel like eating, write her a quick note or make a phone call.
- **Keep yourself nourished.** Eat regular, healthy snacks to maintain your energy level. Skipping meals while under stress only prompts you to eat more later.
- **Physically remove tempting food items from your home or office.** Never go shopping while hungry.
- **Know yourself –and your weakest times and places.** Remove yourself physically from these places that tempt you.