

Stress and Eating

When you feel stressed, it is typical to feel like eating as a way to relieve the stress. In fact, you may feel a real pull to eat carbs, starches, chips and sweets. Not fair! But that feeling is genuine. It's part of the stress response.

So how do you handle this feeling?

- 1. Plan your meals and snacks and stick to your plan.** Create your own list of go-to foods and snacks to eat that are enjoyable substitutes for foods that hammer and disrupt your blood sugar. *Memorize this list like the back of your hand and keep it with you at all times!*
- 2. Forgive yourself and get back on track** if you make a mistake and start eating things you know are trouble. You're human and mistakes happen. *Just start over as many times as you need to.*
- 3. Plan a time when you are going to give in to the feeling, and decide how you will respond, in advance.** This will help reign in the tendency to overdo it, and it lets you acknowledge that you are off track and take charge of getting back on track. *This is a powerful way to train your brain into restarting good habits.*
- 4. When you shop for food or go out to eat, choose a place that has lots of healthy food choices.** This will make it easier to keep up healthy eating habits. If you don't do this, and instead head to the nearest donut shop or the chips aisle, there is trouble ahead. *Set yourself up for success by eating and shopping where the food choices are helpful to you, rather than harmful to you.*
- 5. Drink some soothing tea, like chamomile tea.** Just notice how you feel, and let the feelings wash over you and away from you. Sometimes the best response to stress is to be honest about how you feel.

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6. Ask others to help you with food choices and food preparation.
Breaking feelings of isolation is very powerful and healing. Let others be part of the solution, where possible.

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