

Stress Eating Tips

3 Ways to Cope



- 1 Get adequate sleep.
- 2 Recognize hunger.
- 3 Breathe.

While the stressors of the world will come and go, it's our reactions to stress that makes us resilient. We all experience stress and anxiety differently, but a few coping mechanisms may help to reduce stress hormones that spur us to overeat.

Get adequate sleep. We need regular sleep to calm our brains and restore our bodies. Adequate sleep (between 7 to 8 hours per night) regulates mood, improves concentration, and strengthens decision-making capability. It also keeps cortisol levels in check, which impact appetite.

Recognize hunger. When the urge to eat hits because you're upset or anxious, stop and ask yourself if you're even hungry. If not, find something positive to do. Clean out a closet, call a friend, paint your nails. Get out of the kitchen. Eat when you're hungry, not under stress.

Don't forget to breathe. Taking time to stop and breathe may help quiet your mind during stressful times. Meditation allows your body and mind to take a break. It creates a space in your brain to recognize what's essential and to quiet unnecessary noise. Studies show that meditation reduces stress by triggering your body's relaxation response.