

Employee Stress Management Tips

When we're under stress, we may find it harder to keep up healthy-eating habits. Also, during particularly stressful times, we may eat in an attempt to fulfill emotional needs (stress eating). And, we're especially likely to eat high-calorie foods during times of stress, even when we're not hungry.



To combat weight problems during times of stress and reduce the risk of obesity, we need to find ways to manage our stress. When we feel less stressed and more in control of our life, we will find it easier to make better nutritional choices. We will also find that increased physical activity reduces stress, even something as simple as taking the stairs or going for a brisk walk. **Try these stress management techniques to combat stress and stress-related weight gain:**

- Recognize the warning signs of stress, such as anxiety, irritability, sleeplessness and muscle tension.
- Before eating, ask yourself why you're eating — are you truly hungry or do you feel stressed or anxious?
- If you're tempted to eat when you're not hungry, find a distraction.
- Don't skip meals, especially breakfast.
- Identify unhealthy, calorie-dense, empty carb (code for sugar, cake, white rice, chips – you get the idea) comfort foods and keep them out of your house or office.
- Be mindful of your behavior and eating habits so that you can look for patterns and connections — and then overcome them.
- Anticipate challenges and develop a plan to meet them and cope with setbacks.
- Engage in regular physical activity.
- Practice relaxation skills, such as yoga, meditation or mindful relaxation.
- Find a hobby or activity that you enjoy – and make time for it. Keep your mind engaged in positive, rewarding pursuits.
- Get adequate sleep.
- Get encouragement from supportive friends and family.



The body's stress reaction was meant to protect. But when it's constantly on alert, overall health suffers. That's exactly why it's important for you to take those steps available to you to reduce and control stress in your life.



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