



12 Ways to Stop Stress Eating

Being stuck at home during an uncertain time can create a perfect storm for stress eating. For starters, many of us overeat when we are anxious. We also tend to eat more when food is within easy reach. The result is a serious challenge to your healthy eating habits. But you don't have to eat to beat stress! Here are some tips to help you during self-isolation:

Create Structure

1. **Pack your lunch and snacks** as if you're going to work.
2. **Write down your usual meal and snack schedule.** Hungry in between these times? Assess your mental versus physical hunger cues.
3. **Use the Hunger Gauge** to decide if you are truly hungry.

Take Away Temptation

4. **Set yourself up for healthy eating** by clearing out trigger foods.
5. **Place healthy foods at the front of your pantry or on your counter.** Keep a bowl of fresh or dried fruit or single servings of nuts in plain sight. When you think you are hungry, consider these options. If you don't want them, you're probably not truly hungry.
6. **Print out a sign that says "YIELD."** Place it on your refrigerator and in your pantry. When you see the sign, remember to slow down. This gives you the chance to think about what you really need before you turn to food.



Schedule Non-Food Breaks

- 7. Take a break to meditate** for anywhere from 1 minute to 20 minutes. Being mindful and focusing on your breath can do wonders for your soul.
- 8. Go outside for a walk when you are able.** Fresh air and sunshine can help wake you up and brighten your day.
- 9. Call a friend or relative** you have not had a chance to speak with in a while. This can add some love to your day — and theirs!

Be Kind to You

- 10. Use self-compassion.** Care for yourself, just as you are caring for family and friends. Fall out of your healthy routine? Practice forgiveness — and then move on.
- 11. Have a judgment-free zone.** Focus on the positive. And when things do not go exactly as planned, learn from the experience.
- 12. Celebrate the wins.** Even small successes count! Pat yourself on the back as often as possible. You deserve it!



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