

SELF-CARE

Resolution:

STOP STRESS-EATING



Do you turn to food when upset or eat less healthy under stress?

Focus on including whole foods, fruits and vegetables in your diet, especially when snacking. Eating lean meats like fish and poultry as well as whole grains will balance your energy levels and help you to have a stable and calm mood. You don't have to deprive yourself completely of sweets but eat them in moderation. Start paying attention to whether you are tired when you want sweets. Instead focus on resting and relaxing more. What other things do you enjoy that help you manage strong feelings? If your tendency is to reach for sweets when your mood is low or you lack energy, you can explore using the idea of applying a temperature extreme to help you feel calm or soothed. See if a cool feeling like that of drinking ice water or a fruit smoothie has a calming effect. Their counterparts of hot teas or soups may also be used for soothing effects. Other non-food options of temperature soothing include; holding or putting ice packs on your neck; taking a cold shower or a warm bath.

Reach out to your EAP to find additional support with this year's resolution.



USPS
Employee
Assistance
Program

CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM