

# Stress & Boredom Eating...

## How to avoid it!

Temptation to ease your anxiety with your favourite comfort foods (emotional eating), can impact your physical and mental health, experts warn.



### Move Your Body

Some people find satisfaction in getting regular exercise, whether that be a walk or jog around the block or even a quick home-workout or yoga session. Moving your body is the perfect distraction, giving you something to focus on, other than which snack to eat next! Multiple forms of exercise can decrease that false-feeling of appetite that drive our state of hunger - exercise decreases levels of the appetite-stimulating hormone Ghrelin, and increases levels of the appetite-suppressing hormone Leptin - interesting! Not forgetting the endless benefits physical activity has on the body, a win win!

### Stay Hydrated

Are you hungry? Or just dehydrated? Drinking an adequate amount of fluid is essential in order for you to feel and function at your best. In fact, being dehydrated can lead to alterations in mood, attention, and energy levels, which can then affect your eating habits. A simple glass of water, carton of milk or even a hot drink, can all count to the minimum 2 litres of fluid our bodies require. Be sure to stay hydrated and listen to your body!

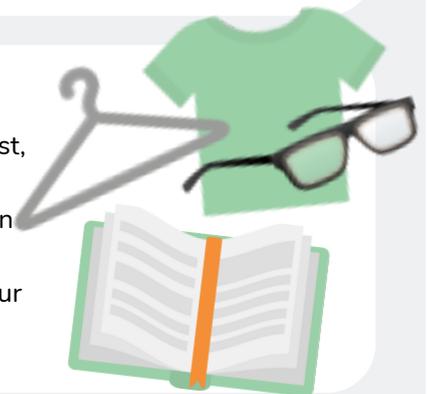


### Remove Temptation & Set a Schedule

Research has shown that visual exposure to high calorie foods stimulates the striatum, a part of your brain that modulates impulse control. Planning is key to avoiding those unwanted, over-indulging and tempting eating habits! Set out your meal times, plan the food shop and prepare your meals. This will help create a sense of normality and will keep you and your family from reaching for biscuits, chocolate and crisps at random times. Although these fun foods may add to the visual appeal of your kitchen, it will soon lead to unnecessary over-eating and frequent snacking, even when you aren't hungry.

### Stress? Or Boredom?

Fight boredom! When you're bored, it's easy to turn to food. Whether you feel lost, frustrated or stuck - try to understand and plan what you're going to do about it. Eating food not at a set meal time or as an occasional treat, shouldn't be mistaken for an activity. Why not distract yourself with a healthier behaviour? You could learn a new skill, read a book, watch a movie, take a walk, organise your living spaces or even connect with friends. Before you know it, that unnecessary desire to reach into the snack cupboard is a distant memory!



REFERENCES:  
BBC.CO.UK  
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