We deal with many tasks which are physically and emotionally exhausting, and healthy coping with stress is difficult to achieve. Unbalanced time and stress management often leads to unhealthy decisions, such as stress or emotional eating.

By identifying your stress and learning how to effectively manage your stress, you will be on your way to succeed a stress-free lifestyle!

**What is stress?**

A condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize (Richard S Lazarus).

**Signs of stress eating:**

- Eating without thinking
- Cravings for sugary sweets
- Eating on the go
- Skipping meals
- Eating whatever you can find
- Thinking about food often
- Eating outside of the dining room or kitchen

**Keys to stress eating management:**

- **Address the stress:**
  Where is the stress coming from?

- **Check your hunger:** What does the food taste like? Are you hungry?

- **Write on your food diary:** What are you eating? When and where are you eating?

- **Be realistic:** What improvements can I make to my regular routine? What are my de-stress goals?

- **Live a healthy lifestyle:** How can I eat and exercise more healthfully?

- **Gain support:** How can we work together to achieve our goals?

- **Set yourself up for success:**
  I can do it!