

Belly Be Gone

Week 6) Stress

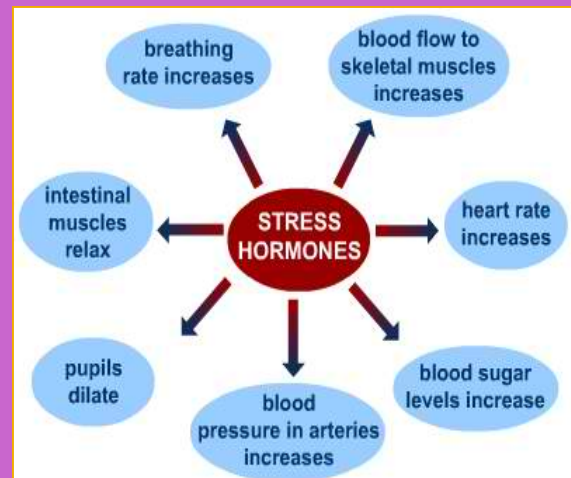
When people are stressed, they often turn to food for comfort, sometimes without even realizing it.

Stress can throw your bodies natural fat burning process off because you constantly have extra hormones raging in your body.

Physical Hunger		Emotional Hunger
Tends to come on gradually and can be postponed	VS	Feels sudden and urgent
Can be satisfied with any number of foods	VS	Causes very specific cravings (say, for pizza or ice cream)
Once full, you're likely to stop eating	VS	You tend to eat more than you normally would
Doesn't cause feelings of guilt	VS	Can cause guilt afterwards

Activity: Tame your stress!

- **Have a hunger reality check**-Is your hunger physical or emotional
- **Fight boredom**-If you're not truly hungry, take a walk, listen to music, call a friend-instead of eating.
- **Take away temptation**-Don't keep a lot of "comfort foods" around if they're hard for you to resist.
- **Don't deprive yourself**- enjoy an occasional treat and get plenty of variety to help curb cravings.



Benefits: Be Happy and save your heart!

Any method you can find to reduce stress will greatly benefit your physical health.

- Ward off anxiety and depression
- Reduce heart rate, blood pressure...
- Gives your "fight/flight" responses a chance to take a break!
- It's tiring to be stressed out all the time.
- Do not eat when you are emotional or highly stressed, this could be detrimental to your weight loss plan.