

TIPS TO ACHIEVE A HEALTHY WEIGHT

WEEK 3: STRESS AND WEIGHT

“Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems.”

Researchers have linked stress and weight gain for years. Overeating isn't the only stress-related behaviour that can add weight. Stressed people also lose sleep, exercise less and drink more alcohol, all of which can contribute to excess weight. While we can't eliminate all stress from our lives, we can find ways to deal with it.

Dealing with Stress

- Learn how to say “no.” Know your limits and stick to them.
- Avoid people who stress you out. If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time or end the relationship entirely.
- Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way.
- Start a stress journal. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes.
- Adjust your attitude. How you think can have a profound effect on your emotional and physical well-being. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as “always,” “never,” “should,” and “must.”



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- Don't try to control the uncontrollable. Many things in life are beyond our control — like the behavior of other people. Focus on the things you can control such as how you react to problems.
- Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Forgive and move on.
- Connect with others. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.



- Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week.
- Meditate. Anyone can practice meditation. Find a quiet spot to focus solely on your breath, a mantra you like or a guided meditation. Start with 5 – 10 minutes to restore your calm and inner peace.
- Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and continue to snack on nutritious meals throughout the day.
- Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

Resource: <http://www.helpguide.org/>

