



## Address Your Stress

- #1 Do you find yourself eating more when faced with stressful situations as a means of comfort?
- #2 Do you tend to indulge in high fat/high calorie foods when stressed to brighten your day?
- #3 Do you feel less motivated and energetic to participate in physical activities when stress increases?
- #4 When stressed, do you find yourself taking naps more often instead of taking your usual walk?
- #5 Do you feel less motivated and optimistic about life altogether?

Most Americans think of the word stress in a negative sense but stress is not *all* bad. In fact, there is a certain amount of stress that can help your performance. How much stress is too much? The amount varies from person to person. But, excessive stress has a number of negative effects such as **weight gain**, **low activity**, and burnout. So, monitoring and controlling stress levels can help you control weight creep!

If you answered "yes" to the majority of these questions, it's time to address your stress. Nutrition and exercise can help. Aerobic activities that get your heart rate up can be great stress relievers. Try to have a positive attitude and go into your workout thinking that you are going to feel great. Eating a balanced diet with a variety of fruits and veggies containing the vitamins B and C, calcium, and protein can also help.

For more information on managing stress for a healthier lifestyle, contact your local base **Health and Wellness Center (HAWC)** or **Dietitian**.

***Shape Your Future... Your Weigh!™***