

2. Employee Question and Answer on Stress, Work-Life Balance and Lifestyle

Employee questions can be answered through sentences in your newsletter or video links embedded in your electronic newsletter.



I am stressed, and I snack all the time when I am stressed. What can I do?

This is called “emotional eating.” When we are weak and tired emotionally, we want to eat food that comforts us. Here are some easy tips for reducing emotional eating. First become aware of your emotional eating triggers. Does your snacking happen when you talk to someone or when you must do a task you don’t like? Get to know your emotional eating triggers. Next, discover new ways to comfort yourself. Go outside for a walk, call a friend or clean up something. Keep healthy foods around you that are easy to snack on. Grapefruit in a jar, apples, broccoli or carrots are good choices. Drink teas. Drinking some teas dulls the appetite – green tea is one of them. It has incredible health benefits and curbs appetite.



The Stress Institute

Contact Us

**We are delighted to provide you
any additional information you require.**

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