



# 10 Ways To Eat To Relieve Stress Checklist

Cheryl A Major-Shirley J Noah  
**how to eat to relieve stress**



When you get too busy or your stress levels are climbing, most of us tend to make poor food choices.

Unfortunately, this will actually increase stress and lead to other problems. Follow these tips to eat healthier and avoid the "merry-go-round" of eating while stressed which in turn causes MORE stress.

*-Cheryl and Shirley*

- ☐ ***Eat Breakfast***-Even though you may wake up and believe that you aren't hungry, the fact is that you have been fasting overnight. The first meal of the day is "breakfast". Skipping breakfast sets you up for blood sugar swings throughout the day.
- ☐ ***Practice Gratitude***- Try to add a gratitude practice to your morning routine. Take a few minutes to write or review 3 things you are grateful for. You can also repeat gratitude mantras in the morning as part of your morning routine.
- ☐ ***Eat Mindfully***-Stress can lead to unhealthy eating habits and "self-medication" with comfort foods. It's not what a person eats, but also how a person eats. Focus on your food and stay in the moment.
- ☐ ***Protein***-Add a few nuts or cheese, spinach, legumes, lentils or chickpeas. Also pumpkin seeds, sesame, hemp, sunflower, chia, flax seeds. Or you could eat beans or almond butter. These all add a few grams of protein which prevents you from getting hungrier.
- ☐ ***Carry Snacks***-To prevent blood sugar dips keep some protein snacks in your car, office or purse. Carry plain unsalted nuts, raisins or dried cranberries.
- ☐ ***Healthy Munchies***-If you like to munch when you're stressed, you can replace fatty, salty chips or other non-healthy processed foods with crunchy carrot sticks, organic celery, sunflower seeds or crunchy chickpeas.
- ☐ ***Bring Your Lunch***-Instead of eating fast food for lunch, you can save a lot of money and eat healthier by packing a lunch at home.
- ☐ ***Stock Your Home***-It is important to get the bad food out of your house, and even more important to get good food in! Plan a menu of healthy meals and snacks, list what you need from the grocery and shop for it. .
- ☐ ***Keep Hydrated***-In addition to healthy foods and regular meals, hydration is key to cellular health and lowering your body's stress. When you are dehydrated, you may suffer from headaches, lowered immune system and toxins from a metabolic waste buildup in your body.
- ☐ ***Bedtime Snack***-Carbs at bedtime can speed the release of the brain chemical serotonin and help you sleep better. Heavy meals before bed can trigger heartburn, so stick to something light.



***Journaling-*** Keep a food and mood journal that tracks what you eat and how you feel can be an effective tool. It can help identify potential emotional and food triggers and promote healthier eating habits.



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**How To Eat To Relieve Stress.com**

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