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# PUTTING AN END TO STRESS EATING

## STRESS EATING

- i. What is it?
- ii. How is it relevant to personal trainers?

## CAUSES OF STRESS EATING

- i. Cortisol
- ii. Comfort Foods
- iii. Fear of Emotion

## CONQUERING STRESS EATING

- i. Proactive Stress Management
  - a) Physical Activity
  - b) Meditation
  - c) Sleep
  - d) Organization
- ii. Reactive Stress Management
  - a) Get UP
  - b) Get DOWN

# **CREATING YOUR STRESS MANAGEMENT TOOLKIT**

## **PROACTIVE STRESS MANAGEMENT (The Big 5)**

- Physical Activity
- Meditation
- Sleep
- Organization/Planning
- Self-Care

## **REACTIVE STRESS MANAGEMENT**

### **GET UP**

- One –Person Dance Party
- Walk the dog
- Go to the gym
- Play a Wii Game
- Do yoga
- Walk on the beach/park
- Do some squats/push-ups/  
burpees
- Go to a coffee shop
- Have sex
- Climb some stairs

### **GET DOWN**

- Sit in nature
- Take a hot bath
- Get a massage
- Listen to soothing music
- Write in a journal
- Drink warm tea
- Stretch
- Deep breathing
- Read a Book
- Call a friend
- Take a nap