

## Avoid Stress During the Holidays

Eating as a result of stress is common for many people, and the rush of holidays doesn't help. If you find yourself eating to cope with stress, pause and figure out why.

Write down what you are eating, how it tastes and most importantly, how hungry you are. If you start noticing your answer frequently is "not hungry at all," you may be eating in response to stress.

Keeping a journal can be an effective way to track how you feel along with what and why you are eating. Over time, you may begin to recognize behavior patterns and be able to deal with stress without food.