

# Finding Balance

Week 6: Nutrition and stress



## The food-mood connection

When it comes to stress, what you eat – or don't eat – matters. Some people cope with stress by overeating, eating unhealthy foods, or both. On the other hand, some may find themselves skipping meals because they're pressed for time.

One reason it's hard to make healthy food choices when you're stressed is that [stress makes your brain crave comfort foods](#) like burgers and fries.\*

Try stocking your kitchen or office with healthy options like berries or mixed nuts – tasty choices that actually make you feel better.



### All about emotional eating

Do you tend to overeat when you're stressed? Learn how to [face your feelings](#) instead of heading for the fridge.



Open your stress management workbook and start the week 6 activity.

\*Silvia U. Maier, et al., "Acute Stress Impairs Self-Control in Goal-Directed Choice by Altering Multiple Functional Connections within the Brain's Decision Circuits," *Neuron*, August 5, 2015, pp. 621–631.