



Eating Tips for High Stress Times

The hormone **cortisol** increases with stress and causes cravings for sweet and salty foods. Below are some eating tips to help you combat stress.

Limit access to sweet and salty foods. Try to choose healthy snacks like:

- a hard-boiled egg and whole grain crackers;
- skim or soy milk and an English muffin topped with peanut butter;
- 3 graham crackers and an orange; or
- apple slices and a small low-sugar yogurt.

Pass on caffeine – pop, tea, coffee, chocolate can all increase edginess and anxiety. Instead reach for water or a calming caffeine-free herbal tea like spearmint, peppermint, passionflower, lavender or chamomile. Beware of caffeine hidden in energy drinks as well.

Eat three regular meals during the day to avoid over or under hunger. Try to eat in a calm, relaxed environment, away from distractions like studying, television and cell phones.

Work off nervous energy by taking a walk, exercising or doing yoga instead of reaching for munchies. Thirty minutes of activity can help reduce stress hormones and ready your mind for the next study session.

