



I've been talking to so many clients lately, and there's a common theme: after a long, stressful day, the first instinct is to reach for food as comfort. Not because they're hungry, but because it feels like a reward after all the chaos. If that's you, here are 3 things that can actually help...

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## 3 Things That Help Avoid Stress Eating

### 1. Pause & Check-In

- Before grabbing food, ask yourself: *Am I actually hungry, or just stressed/tired?*
  - Even taking a 2-minute pause (walk, breathe, drink water) creates space between stress and food.
  - *Why it works:* It breaks the autopilot response, giving you back control.
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## 2. Swap a HABIT with a new HABIT

- Swap the stress-snack with something that soothes you: tea, stretching, journaling, or even a short walk.
  - *Why it works:* You're still rewarding yourself, but without calories derailing your progress.
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## 3. Have a Stress-Snack Box (Protein First)

- If you *do* need to eat, make the default choice supportive: Greek yogurt, boiled eggs, nuts or a scoop of protein!
  - *Why it works:* You honor the craving, but in a way that fuels you instead of setting you back.
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