

TEAM MISHFITNESS™

How Stress Can Derail Your Nutrition Plan

So far we have looked at how alcohol and friends can sap our will power and easily divert us away from our good intentions to maintain a healthy eating plan. This week we are going to consider the last of the big three external factors that can sidetrack us and that is (yep, you guessed it) . . .

Stress

Whether it's a horrendous day at work, a toddler having a tantrum, an impending visit from your mother-in-law, or a teenager threatening to run away from home, stress can so often lead straight to the fridge door. Life is never going to be completely stress-free, and there'll never be a perfect time to diet, free from the daily ups and downs. Here are a few hints, however, that might help you deal with the situation . . .



Make time for yourself.

Try half-an-hour with a good novel, a long bath, or a chat with a best friend. It's important to make sure that you set aside time for activities such as these.

Tackle the cause, not the symptom.

It's easy to "medicate" bad feelings with chocolate, but even if the food makes you feel better initially, you'll still have to face the situation which is causing you stress.

Get some exercise.

30 minutes exercise each and every day not only provides you with physical benefits (losing weight, becoming fitter, toning up) but it is also an incredibly effective way to unwind.

So, just what influences are sapping your motivation and making you give up on your healthy eating plans?



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