Stressed Out?
Chew on This!

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Which would YOU rather eat?
## Which one is healthier?

### Nutritional Facts

**Jif Creamy Peanut Butter**
- **Calories:** 190
- **Calories from Fat:** 130
- **Total Fat:** 16g (25%)
- **Saturated Fat:** 3g (16%)
- **Cholesterol:** 0mg (0%)
- **Sodium:** 150mg (6%)
- **Total Carbohydrate:** 7g (2%)
- **Protein:** 7g

**Nutella**
- **Calories:** 200
- **Calories from Fat:** 100
- **Total Fat:** 11g (17%)
- **Saturated Fat:** 3.5g (18%)
- **Cholesterol:** 0mg (0%)
- **Sodium:** 15mg (1%)
- **Total Carbohydrate:** 22g (7%)
- **Protein:** 3g

### Ingredients

**Jif Creamy Peanut Butter**
- Made from roasted peanuts and sugar. Contains 2% or less of molasses, fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides, salt.

**Nutella**
- Contain hazelnut, sugar, palm oil, robusta coffee beans, vegetable oil (rapeseed, soybean, safflower, cottonseed, sunflower), and contains 2% or less of milk, milkfat, milk solids, and lecithin.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

### Calories per gram:

- **Fat:** 9
- **Carbohydrate:** 4
- **Protein:** 4
Overview

• Distress vs Eustress
• Why do we emotionally eat when we’re stressed?
  – Acute vs chronic situations
• Stress cravings vs true hunger
• Healthy stress foods
• Important tips with stress management
What is Stress/Distress?

“A condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.” – Hans Selye, ~1946
Distress can cause...

- Lack of energy
- Exhaustion
- Trembling hands
- Disturbed sleeping patterns
- Excessive worrying
- Irritability
- Isolation
- Guilt
- Muscle/joint pain
- Increased blood pressure
- Loss of appetite
- Loss of sex drive
WHY?
Car cuts you off in traffic. Acute stressors at once
- “Fight or flight” mechanism takes over
  - Epinephrine & adrenaline released
  - Once stress is over, adrenal response is inhibited through feedback mechanism
  - Back to normal conditions

Multiple acute stressors at once for a period of time
- Activation of acute stress system
  - Flood of hormonal signaling to adrenal glands where glucocorticoids are released
  - Prompts us to engage in pleasure-seeking behaviors
- Emotional eating followed by feeling of content/pleasant feelings while eating

Negative emotion (feeling low, stressed, depression, etc.)
- Feeling of guilt, weight gain, feelings of negativity
- Craving of a specific food

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Stress or Hunger?

- Onset craving is sudden with stress rather than gradual
- Stress “hunger” feels like it needs to be satisfied instantly—physical hunger can wait
  - Itch that needs to be scratched
- Specific food is craved and only that food will fill that need
  - Physical hunger leaves you open to options
- Keep eating even after you’re full
- Feelings of guilt afterwards
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

COMPLEX CARBOHYDRATES

• Provides a steady supply of serotonin – calming brain chemical
• Helps to stabilize glucose levels
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

PISTACHIOS

- Dose of Omega-3 fatty acids
- Helps prevent surges of stress hormones, heart disease
- Decreases cholesterol
- Gives you something to do
- 15 pistachios = 1 fat serving (~45 calories)
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

RAW FRUITS & VEGETABLES

• Mechanical aid
• Munching on an apple, celery, carrots, etc. releases tension in the jaw
• Helps alleviate tension/”jaw” headaches
• 1 Cup raw = 25 calories
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

**ORANGES**

- Wealth of Vitamin C
- Reduces levels of stress hormones while strengthening immune system
- Shown to help BP and cortisol levels back to resting conditions after stress
- Orange (size of tennis ball) = 80 calories
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

SPINACH

- High magnesium
- Too little Mg can trigger headaches and fatigue
- 1 Cup raw or ½ Cup cooked = 1 vegetable serving (25 calories)

Not a spinach eater?
Cooked soybeans, filet of salmon, or any leafy greens are rich in magnesium
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

HEALTHY FATTY FISH

- Salmon and tuna
- Omega-3 fatty acids
- Helps prevent surges of stress hormones
- Protects against heart disease and mood disorders (depression & PMS)
- Aim to eat 3 oz. fatty fish at least twice/week
- 3 oz = deck of cards (size)
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

BLACK TEA

• Can help recover from stressful events more quickly
• Tea drinkers have reported feeling calmer and lower levels of cortisol after stressful situations
• Energy
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

AVOCADOS

- Decreases blood pressure
- Rich in potassium
- Guacamole is a nutritious alternative to a fatty snack
- Serving = ¼ avocado (80 calories)
- 1 fruit serving
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

**ALMONDS**

- Full of helpful vitamins
- Vitamin E
  - Immune system
- B vitamins
  - Helps body with resilience against stress
- ~ ¼ Cup recommended
- Mix-and-match
  - 6 almonds + 15 pistachios = 45 calories
    (1 fat serving)
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

LIGHT BEDTIME SNACK

• Carbs at bedtime can speed the release of serotonin and help with sleep
• Heavy meals can trigger heart burn
• Key word is LIGHT snack
  • Whole wheat toast with jam or peanut butter
Healthy Stress Foods

Foods to help prevent, reduce, or recover from distress

MILK

- Bedtime stress buster #2
- Helps with insomnia and restlessness
- Calcium eases anxiety and mood swings (PMS)
- Skim or low-fat
- 1 Cup = 80 calories (low-fat) – 130 calories (whole)
Loss of Appetite

Reducing food intake further affects energy levels and deprives the body of nourishment which further exacerbates stress.
KEEP IN MIND

• Balanced diet – moderation!

• It’s okay to indulge every once in a while

• Keep healthy stress foods where you’re most likely to become stressed (desk, purse, etc.)

• A nutritious diet can counteract the impact of stress by strengthening the immune system and lowering blood pressure
Stress Management Suggestions

- Regular physical activity
- Healthy eating behaviors
- Adequate sleep
- Organize and prioritize
- “You” time
How can **Health and Wellness** help you?

- Body Shop Fitness
- Weight Loss Matters
- FREE Health Coaching (Be H.I.P)
- FREE Nutrition and Exercise Consultations
- Wellness on Wheels – FREE health screening

[www.uky.edu/hr/wellness](http://www.uky.edu/hr/wellness)
859.257.WELL (9355)
116A Seaton Center

How can **Work+Life Connection** help you?

Stress Management & Mental Health Services
[www.uky.edu/HR/WLC](http://www.uky.edu/HR/WLC)
859.218.0461
QUESTIONS?
References


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