

How can stress influence our mood and eating habits?



Stress & Cortisol

When we experience stress our body releases cortisol in response. Cortisol is our body's primary stress hormone.



Appetite & Serotonin

High levels of cortisol can increase appetite for energy dense foods such as high fat and high sugar options. Chronic stress and high cortisol can decrease serotonin, aka our "feel good" neurotransmitter.



Stress & Emotional Hunger

Eating for comfort during times of stress can be our brain's way of attempting to manage the stressor.



Food & Dopamine

Food can be incredibly soothing to our nervous system, releasing dopamine and providing a feeling of temporary relief from the distress.



Finding Balance

Emotional hunger is one of the 4 types of hunger and part of a healthy relationship with food. However, when it becomes our primary way of managing stress that can impact our overall wellbeing.

Coping Strategies (Activity, Creativity, Connection)



- physical activity
- sleep
- nutrition & hydration
- friends/family
- reading
- nature
- animals
- journaling
- meditation
- hobbies
- self care routine
- support group



Mood Boosting Yogurt Parfait



- Greek yogurt
- Fruit and granola
- Seeds and/or nuts
- Optional: date syrup drizzle

Layer ingredients and enjoy!

GREEK YOGURT

Contains tryptophan which is an essential amino acid that promotes relaxation as it is a precursor to the mood boosting neurotransmitter serotonin.

FRUIT

Adding fruit, or other source of carbohydrate such as oats, increases absorption of tryptophan in the brain.

SEEDS & NUTS

Adding seeds and nuts help with the conversion of tryptophan to serotonin. Seeds and nuts contain vitamins and minerals such as vitamin B6, vitamin B12, folate and magnesium.



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