

Welcome to your week eight activity sheet!

Sometimes it can be difficult to focus on making healthy lifestyle changes when you have a lot going on around you, or you have a lot on your mind. It is important to have helpful coping strategies ready for when you feel this way, and a good place to start, is by identifying areas in your life that cause you stress. This can reduce the effect that stress has on your health and reduce the likelihood of turning to unhelpful ways of coping, such as comfort eating, or engaging in low levels of physical activity to relax instead.

1. Thinking about situations that cause you stress. Would you say you have any ongoing causes of stress in your life? If so, how do you cope with this? Are you content with this method of coping, or would you like to try other ways of coping?

A common method of coping with stress, is comfort eating. And although it is normal to reach for food at times of stress, it is a short-term solution and therefore, is an unhelpful method of coping and if possible, should be replaced with something else.

2. Do you find food is a source of comfort to you when you feel stressed or upset about something? Write down how you feel and how you respond with food.



If you find you regularly comfort eat, what do you think you could do to address this? One idea is to keep a diary and include how you felt before you ate, whether you felt physical hunger or a craving, and make note of how you felt afterwards.

3. What could you do to track any comfort eating patterns? What steps could you take to address this?

Now let's consider what you could do instead, the healthiest and most helpful coping strategies to suit you when you feel stressed or overwhelmed. Remember, that what suits you may not suit someone else, so really think about your likes and dislikes, and what makes you feel best.

4. Are there any other activities that make you feel better when you're stressed or upset that don't involve food or drinks? Consider how this can help guide your actions in future situations, key to think of a distraction or physical replacement for the act of eating and it needs to be something you enjoy.

