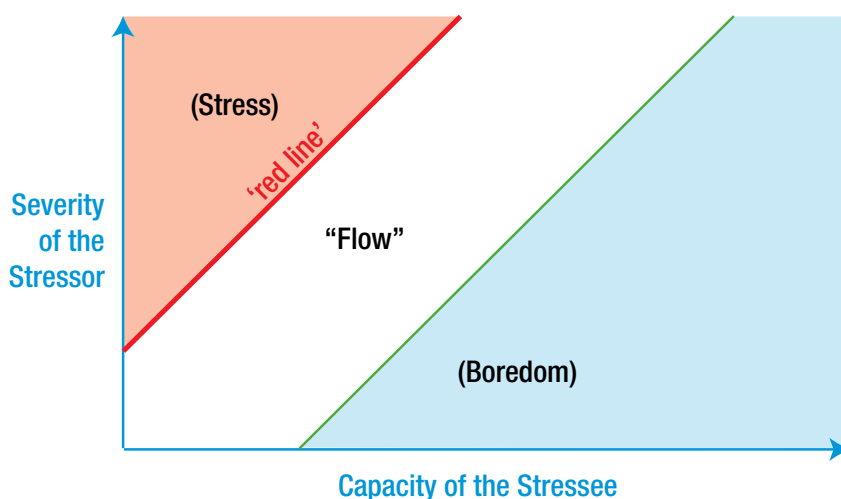


Dealing with Stress

Stress is the body's reaction to a stressor. But it's not usually the stressor that's the problem. It's the reaction of the 'stressee' (you). Some people can put up with extreme stressors without difficulty, whereas others crumble at the slightest pressure.

Stress is important in weight control because it can result in failure to stick to a program. The first thing therefore is to realise your 'red line'; to know where your capability meets the severity of the stressor (see graph). Recognising this may help you to avoid those stressful situations.



The second factor in stress management is 'control'. If you're in control of a situation, it's unlikely to be stressful - even if you only think you're in control! To get control often means learning some form of 'escape'; either mental or physical. It could be learning meditation, taking up exercise, reading a book, getting a hobby, going on holidays, learning to debate, going to the movies, or any of a number of other options.

It's important also to have little 'escapes' that you can undertake often to prevent those situations where you might be tempted to over-eat or under-exercise. Again, they can be physical or mental, but they should become part of your life and relatively easy to do.

If stress is an ongoing and serious problem you may wish to talk to your doctor about medication to deal with this. Some stress medications can actually help weight loss.

For more information on stress and your emotional happiness go to www.lifestylemedicine.net.au
OR email: info@lifestylemedicine.net.au