



FIGHT CRAVINGS



A craving can be defined as an uncontrollable urge. The most important part of resisting a craving is becoming aware of them. If you have a craving, pause and reflect. Are you experiencing a certain emotion that is causing you to eat to buffer that emotion? Are you stressed? Oftentimes, if you sit with a craving or urge, take some deep breaths or drink water, it will pass within a couple of minutes.

MANAGE YOUR MINDSET

Stress raises your cortisol, the stress hormone. Increased cortisol leads to cravings of sugary and fatty foods and can even make you hold on to more abdominal fat. Try daily journaling, writing down three things you are grateful for daily, yoga, deep breathing or guided meditations.

DRINK GREEN TEA

Studies show that green tea can influence neuroendocrine regulators of appetite and reduce food consumption. The mild caffeine intake can also suppress hunger.

DRINK MORE WATER

Symptoms of mild dehydration – headache, fatigue, lightheadedness and difficulty concentrating – can resemble symptoms of hunger. Try drinking a glass of water and then sit for a couple minutes. Do you still feel hungry?

USE THE HUNGER SCALE

Before you eat, rate your hunger on a scale of 0-10. Become aware of what hunger feels like in your body. If you are not physically experiencing hunger, what can you do instead to stay busy?

GET ENOUGH SLEEP

Sleep deprivation may disrupt normal fluctuations in appetite hormones, leading to cravings and poor appetite control. Aim for at least 7 hours of sleep at night.

