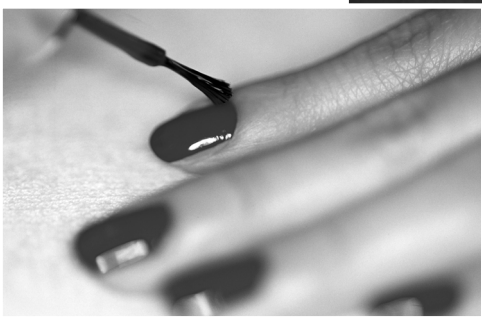


# STRESS BUSTERS FOR STUDENTS: AVOIDING THE FOOD TRAP

Deadlines, exams and more... this can lead to extreme stress and mindless snacking. Don't let your nutrition become a nightmare as your time is taken up with midterms, projects, and finals. Getting control of your stress and eating habits can help keep you energized and focused on your studies.



## Stress Strategies

When taking a break from studying, avoid filling the time with food by:

- Playing a game of solitaire
- Calling or emailing a friend
- Going for a quick run or walk
- Heading to the gym for an exercise class
- Painting your nails
- Cleaning your room
- Daydreaming or practice deep breathing
- Organizing your time in a planner
- Making a list of things you will do to reward yourself when exams are over
- Taking a quick 20 minute nap

## Avoid nutrition pitfalls during crunch time

### Eating Strategies

- Eat small, frequent meals to keep your energy level steady
- Eat meals rather than constantly snacking
- Avoid sweets and sugary foods
- Chew sugarless gum
- Combine carbohydrate and protein
- Avoid Caffeine
- Drink a cup of water every two hours
- Don't bring snacks to your study area, keep in separate area to resist temptation
- Stock up on healthy snacks, such as nuts, dried fruit, precut veggies, fresh fruit, whole grain cereals and more.
- Remember that thirst can be confused with hunger. Drink a glass of water before eating a snack.
- Only eat when you are physically hungry, not because you need a study break.