

# The Links Between Stress and Diet



# The better your diet, the lower your stress...



The worse your diet,  
the HIGHER your stress...





Some people binge eat  
when they're stressed



# They gain weight



# They have less energy



# Breaking the cycle needs proper stress management





# The more you control your stress





The more likely  
you are to manage things



# Hunger makes you want to eat anything



# So learn to practice





# Try having 6 small meals every day



# Exercise regularly



# Find time to relax





# Stay positive



# Manage your diet and reduce your stress!



Live Stress Free  
[www.pzizz.com](http://www.pzizz.com)

