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

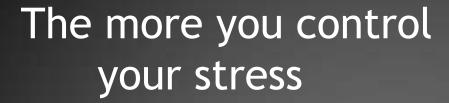






Breaking the cycle needs proper stress management









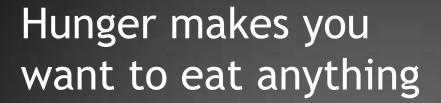




The more likely you are to manage things















So learn to practice















Exercise regularly





Find time to relax





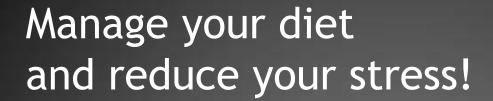


Stay positive

















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