THE VICIOUS CYCLE OF STRESS EATING

STRESS EATING WORKS IN THE SHORT RUN, BUT OVER TIME, THE NEGATIVE EFFECTS START TO ADD UP.

BREAKING THE CYCLE IS IS POSSIBLE.

STRESS EAT

The problem seems too big or too annoying or you are just too tired to deal.

FEEL BETTER FOR A LITTLE WHILE

You temporarily escape thinking about the problem, or feeling bad feelings



And the problem didn't go away