

# Overcoming Stress Eating

## Session #3

Some ways of completing the physical stress cycle

- Physical activity
- Slow, deep breathing
- Synchronized breath/movement
- Laughter
- Affection
- Physical touch

This week

1. **Discover** which methods of completing the stress cycle are most enjoyable, accessible, and effective for you.
2. **Create** time and space for (p)recovery in your daily routine.
3. **Notice** how this influences your perception of stress as you go through the rest of your day or week.

Long term goals

1. **Develop** a repertoire of things (small and large) that relax and recharge you.
2. **Learn** how much (p)recovery you need (monthly, weekly, daily) to support the amount of challenge in your life.
3. **Train** your body and mind to look to these tools instead of food as a way of discharging stress.