



WELLNESS NOW

For Release: December 20th, 2014 – Contact us at media@occhd.org

Have A Game Plan For Holiday Eating: Stress Can Trigger Eating

The holidays can be a stressful and emotional time of the year which can drastically impact our eating habits. Oklahoma City-County Health Registered Dietitian Allyson Drain said, “Having a game plan ahead of the big holiday meals can help, especially by thinking about what you are eating.”

Trent Hancock, a licensed drug and alcohol counselor with Oklahoma Behavioral Health, added, “Take a deep breath and think about whether you really want this food item because triggers like the place, stress or tiredness can prompt bad eating habits.”

Hancock added, “The holidays are full of triggers, not just food, but for drugs and alcohol too. A lot of the feelings that come up during the holidays get people in trouble. Alcohol and other drugs seem temporarily helpful to handle the anxiety of being around family members you don’t want to be around or to handle the grief of not having a loved one around, but long-term they cause more problems than they can help.”

Drain added, “Every little gram of alcohol equals 7 calories and some mixed drink we have may contain more than 100 calories in every ounce. What we don’t think about is that little voice telling you not to eat another piece of pie tends to go away when we are drinking.”

“Slow down and enjoy the meal instead of mowing through it,” said Hancock.

Enrollment is underway now for Total Wellness classes. Call 405-425-4422 or email us at totalwellness@occhd.org. Visit www.occhd.org to find out about Total Wellness classes near you.

Oklahoma City-County Health Department – 2600 NE 63rd Street, Oklahoma City, 73111
www.occhd.org

