Eating Balanced and Healthy During Stressful Times; Why it Matters

Presented by Gina Forster, MS, RDN

Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life
Tips for practicing mental resilience and kindness from session #6

- Pause and consciously think about how you **want** to respond
  - Actively listen without forming a response
- Practice staying hopeful & positive say “I am resilient”
- Practice in small and big moments to feel grateful
  - Choose acceptance, say “I have this”
    - Actively choose kindness
    - Practice positive self-talk
      - [bekind@osu.edu](mailto:bekind@osu.edu)
- Kindness at Ohio State
Food as a Coping Mechanism
<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Extremely stuffed, nauseous</td>
</tr>
<tr>
<td>9</td>
<td>Stuffed, very uncomfortable</td>
</tr>
<tr>
<td>8</td>
<td>Overfull, somewhat uncomfortable</td>
</tr>
<tr>
<td>7</td>
<td>Full but not uncomfortable</td>
</tr>
<tr>
<td>6</td>
<td>Satisfied, but could eat a little more</td>
</tr>
<tr>
<td>5</td>
<td>Starting to feel hungry</td>
</tr>
<tr>
<td>4</td>
<td>Hungry, stomach growling</td>
</tr>
<tr>
<td>3</td>
<td>Uncomfortably hungry, distracted, irritable</td>
</tr>
<tr>
<td>2</td>
<td>Very hungry, low energy, weak and dizzy</td>
</tr>
<tr>
<td>1</td>
<td>Starving, no energy, very weak</td>
</tr>
</tbody>
</table>

Source
“Find ways to comfort, nurture, distract and resolve your issues without using food. Anxiety, loneliness, boredom, and anger are all emotions we experience throughout life. Food won’t fix any of these feelings. It may comfort or distract for the short term, but you’ll ultimately have to deal with the source of the emotion.”

- Intuitive Eating; Elyse Resch and Evelyn Tribole
Managing Stress & Emotions Without Food (Exclusively)
Effects of Stress on Our Body

All of the following issues can be caused or worsened by excessive stress and elevated cortisol levels:

- Obesity, weight gain, & leptin resistance
- Imbalances in blood sugar
- Type 2 diabetes and insulin resistance
- Heart disease
- Gut issues
- Immune issues (poor immune response or autoimmune disorders)
- Inflammation
- Insomnia
- Impaired memory and cognitive function

Source
Foods & Habits that Mitigate Effects of Stress

- Listen to hunger cues vs. using foods to cope (to prevent over-eating)
- Allowing all foods (without the guilt)
- Anti-Inflammatory Foods
- Pro and Prebiotics
Creating a Balanced Plate

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Health Canada
Creating a Balanced Plate
Filling Gaps with Balanced Snacks
Filling Gaps with Balanced Snacks
Comfort food is a normal human coping mechanism.

"ohhh those are dangerous"

food  isn't  dangerous

unless  it's  poisoned

@mom.bod.love
Make Comfort Foods More Nutrient Dense
(without losing the flavor)
S.M.A.R.T Goal Challenge
Skill Building - Week #7

• Tune into your body’s hunger cues
• Integrate alternatives to food for calming stress/emotions
• Construct balanced plates when able
• Consider “Nutrient Density”
• Create a nutrition SMART goal
• Watch two cooking videos
Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: https://go.osu.edu/calmandwellsurvey7

This will be sent via email to all registrants
Next week

May 27, 2020 12:30 - 1:00 pm

Gratitude and Positivity: A Dynamic Duo in the Midst of the COVID-19 Storm

Bernadette Mazurek Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN

Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!
From Everyday Health
Stress-fighting, immune system-building foods and snacks

10 foods to mitigate the effect of stress

10 balanced snacks to keep in your desk

What you eat may help keep your immune system in tip-top shape, bolstering its defenses against COVID-19

Zinc may boost immunity, and food sources are preferable to supplements

Vitamin C may enhance immunity