

## How to avoid over eating

Trapped in the house with a cupboard full of food: More and more of us are finding ourselves over-eating as the pressure of lifestyle changes, due to the pandemic, is causing us to stress eat.

Try these tips to see if they can help stop you raiding the fridge when you're not even hungry.

**Set a schedule and stick to it:** this will help stop you from going to the kitchen for an unnecessary snack. If you have an outline planned, you will have more purpose and be less likely to reach for the biscuits.

**Eat healthy meals:** Plan your meals and snacks for the day ahead at the start of each day, or even the night before.

If you wait until you're hungry to decide what you're going to eat, you may end up eating more or choosing something higher in calories than if you had planned your meal and snacks in advance

Remember: Processed foods may be convenient, but these foods make it easier to overeat

**Avoid cravings:** When you're bored, it's easy to turn to food, so keep busy. Set yourself a small task, call a friend or colleague or do 60 seconds of activity such as 20 squats or walking up and down the stairs. A simple task like this can keep your mind off food and stop you reaching for that unnecessary snack.

**Stay connected:** Don't isolate yourself. Whilst we can enjoy meeting up in real life we can make use of technology to keep in touch with loved ones. Host a Netflix watch party, FaceTime friends, set up a WhatsApp group with friends or colleagues, and don't be afraid to pick up the phone to friends and family – there's a good chance they're feeling exactly the same way as you.

**Other ways to manage stress:** Try reaching out to a friend or family members, streaming a free home exercise class, planning what you will do when lockdown is over or even practicing mindfulness or meditation.

If Coronavirus is making you feel anxious, but you are not comfortable talking to family or friends about your concerns, the Employee Assistance Programme is a free resource available to all employees.

Contact details:

Freephone - 0800 111 6387 From outside the UK:+44 845 330 5132(Calls will be charged but call-back can be requested)

Rehab Works Manager Helpline - 0800 1116 385 (for referring employees/general information)

Website:[www.my-eap.com](http://www.my-eap.com)

South West Water/PWS & Pennon Organisation Code: SWWLwell

Viridor – organisational code: VWMLwell

Other resources you may find useful include:

[Mind](#)

[Rethink](#)

[Samaritans](#)

[Headspace](#)