

Avoiding Common Problems

by Jane Collingwood, [PsychCentral](#)

- **Indigestion.** This can result from eating in the middle of a stressful situation, as the digestive system is not relaxed. It also can be due to eating on the run, so always sit down to eat and eat more slowly, chewing food properly. You will then really taste and enjoy your meals and snacks.
- **Bloating.** As we all know, bloating is unpleasant, and stressful in itself. It could be triggered by wheat products (bread, pasta, cakes and biscuits) and dairy products (milk, cheese, butter and cream), so try cutting out each food group for a couple of weeks to see if the problem eases.
- **Caffeine dependency.** Relying on caffeine to keep you going is a bad idea. It raises stress hormones and can lead to insomnia and dehydration, affecting your body's ability to handle stress. There are many delicious caffeine-free alternatives, such as [herb teas](#).
- **Hangovers.** No one functions well with a hangover, so drinking heavily will lead to trouble the following day. This does not mean that you need to avoid alcohol completely, just be aware of its effects, and resist using it regularly as a coping technique.
- **Cravings.** These often hit during the 'post-lunch dip', and increase at hormonal times and [under stress](#). To curb your cravings, include small portions of the craved item into your usual diet, rather than trying to resist completely. Or distract yourself by getting involved in something else, and the craving may pass. Keep healthy food nearby, and do not wait too long between snacks.
- **Sugar highs and lows.** Although the brain needs glucose to enable it to perform effectively, very sugary foods cause your blood sugar level to spike and then plummet, leaving you sleepy and lethargic. This can lead to another sweet craving, and the cycle continues.

Reference website: <http://www.everydayhealth.com/diet-nutrition/food-and-mood/stress-and-dieting/avoiding-common-problems.aspx>