Being Stressed Out At Holiday Time Can Make You Fat

*Stress makes us crave more fatty foods and releases hormones that make us store fat.*

(PRWEB) December 8, 2004 -- Overeating at holiday time is a surefire way to put on the pounds but research shows that stress during the holidays is also a co-conspirator in making people fatter. A study in the Journal of Applied Social Psychology found that after experiencing stress, women who were more frustrated by stress ate more fatty foods than those who were not. Fatty foods produce a feeling of comfort to us. But there is more going on physically in the way we react to stress. When we are experiencing stress it plays havoc with our bodies. Stress causes us to release hormones into our systems that make us store more body fat, explains Bob Losyk, stress expert and author of the book, "Get A Grip! Overcoming Stress and Thriving in the Workplace." Increased fat storage in combination with eating fatty foods at holiday time is a double whammy for gaining weight. Losyk states that there are many ways to lower stress levels. There are certain foods you can eat that will actually help to reduce the stress in your body, and there are many other things you can do to control stress.

"Get A Grip!" has 11 insightful, practical, and informative chapters to help people get a grip on stress, and to get a handle on living their lives to the fullest. The book integrates the mind, body, and spirit to create a powerful prescription for living healthy. "Get A Grip!" covers everything from how eating certain foods can reduce stress, meditation techniques to calm the mind, how to prevent burnout, to ways to relieve everyday stress that can be done in just five minutes. Losyk gives fifty proven ways to leave your stressors that are easy to fit into people's everyday routines. The book provides many self-tests, exercises, and examples that give insight, tools, and tips for controlling stress.

"Get A Grip!" Overcoming Stress and Thriving In The Workplace" (ISBN 0-471-65949-5) is $19.95, 215 pages, and can be ordered from 1-877-4MY-GRIP, Amazon.com, BN.com, or at bookstores worldwide.

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