

Are you a stress-eater?

Do you reach out to a snack when you feel stressed out? Has it become a habit, then you need to check your stress levels and replace snacking with healthy options

Aruna Gracias Rathod

Are you the kind of person who eats when stressed? Some of us, don't realise it while some of us do but don't know how to deal with it. Turning to food is a common habit as it comforts us. Potato chips, colas, cakes and pastries, fried snacks and chocolates are the most popular foods that one finds comfort in.

The term in psychology is known as emotional eating, commonly known as stress-eating which involves using food as a coping mechanism to help you feel better. Typically, it has nothing to do with physical hunger and everything to do with soothing or suppressing uncomfortable feelings and situations," says psychologist Salma Prabhu.

Feeling anxious, worried, and stressed isn't a great combination, especially when your favourite snack food is nearby. "When you eat to satisfy an emotional need, the relief it provides is often temporary, and the 'real' issue is not resolved," adds Salma.

From a physiological standpoint, stress causes your adrenal glands to release cortisol - a hormone. When this happens, you may notice an increase in appetite and a desire to eat sugary, salty, or fatty foods. However, this urge to eat isn't the result of an empty stomach. Instead, it's your brain telling you to eat so you can prepare for a potentially harmful situation. Typically, the stress subsides,

and cortisol levels return to baseline. Being overwhelmed with daily stressors and not finding ways to manage them can lead to high cortisol levels and overeating.

Stress-eating is also associated with uncomfortable emotions. Sadness after an unpleasant incident, sudden loss or frustration after an argument with a loved one, leads us to reach out for a snack.

How can I stop stress-eating?

The best way to deal with stress-eating is to stop and ask yourself if you need this snack. Are you really hungry or reacting to something unpleasant?

Putting an end to stress-eating might seem like a difficult task. That's why it makes sense to tackle this habit in steps. Here are three ways to stop stress-eating in its tracks.

Know your stressors

Are you aware of your emotional eating triggers? Knowing the stressors that cause you to reach for food is the first step toward stopping stress eating.

This begins with checking in with yourself. Before you head to the kitchen, ask yourself if you're eating because you're hungry or if it's a response to something else.

What can I do to reduce my stress?

Avoiding stress-eating in the moment



requires quick thinking and some go-to replacement behaviours.

A more long-term solution may be to prevent or at least minimize the stress that causes stress eating in the first place. Here are some ways to include stress-reducing activities in your day.

Move your body

Any movement for the body is good. It could be household chores, yoga, walking up and down stairs on a daily basis. Tension is released through

movement and as a result stress is reduced. Not only does exercise help your body feel better, but it also calms your mind. Exercise helps to reduce blood pressure, heart disease, obesity, chronic headaches and sleep issues.

Practice mindfulness meditation

The daily practice of relaxation through meditation and deep breathing can help. But it should be done before you feel

REPLACE STRESS-EATING WITH OTHER ACTIVITIES

- Take a 10- to 15-minute walk.
- Practice 3 to 5 minutes of diaphragmatic breathing (belly breathing).
- Drink a glass of water. You may want to infuse it with your favourite fruit to add flavour.
- Call a friend or relative to let off steam.
- Write in a journal.
- If you are familiar with yoga, try doing a few relaxing poses.
- Grab a colouring book and your favourite crayons or pens and de-



- stress with creativity.
- Listen to a guided meditation.
- Read a chapter or two in a book or do a crossword puzzle.
- Keep your hands busy with a hobby like knitting, drawing, building, or squeezing a stress ball.

stressed so that you handle stress better.

Start by carving out 15 minutes each day to devote to one or more of these activities. Each week, add 5 minutes to your routine until you hit 30 minutes.

Learn and understand stress eating

Turning to food when you experience internal or external stress is common. When you stress eat, however, any relief it provides is often temporary. Emotional eating can affect your weight and overall health and well-being.

Avoiding stress entirely is not possible. That's why it's critical to find healthy ways to deal with daily stressors and anxiety that don't involve stress eating.

Check where this behaviour happens -

at home or in office?

Remove common offenders from the kitchen - do a check of your kitchen or pantry at home. Identify the unhealthy foods and throw them into the bin.

As you can see, these will always be high in sugar, heavily processed, or high in trans or saturated fat.

At work, are you keeping these snacks in your office desk? Or stashing them in your car?

Replace these foods with better options like apples, carrot sticks and hummus.

Not only does exercise help your body feel better, but it also calms your mind.



The watchful elders who waited patiently

Sr Molly Fernandes

In 1997, Pope John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2. This Feast is also known as Candlemas Day, the day on which candles are blessed and the symbolic lighting of candles symbolizes Christ, who is the light of the world.

Similarly, consecrated men and women are called to spread the light and love of Jesus Christ through their unique witness of selfless service, such as caring for the poor, the contemplative work of prayer, and through other apostolates and their professional careers.

This day offers the opportunity to reflect with gratitude on the remarkable reality and blessing of consecrated life in our world. Many men and women give witness to the deep joy that is found in living their baptismal promises by responding to Christ's personal call to be signs of his saving love. Their lives are marked by publicly professing the evangelical counsels of poverty, chastity, and obedience as a sign of the in-breaking Kingdom of God into our reality today.

Last year on the 28th World Day of Consecrated Life, Pope Francis mentioned in his homily about the watchful two elders who were waiting patiently, vigilant in spirit and persevering in prayer. In spite of their advanced age that they were young at heart. That, their hearts stayed awake, like an eternal flame. They



waiting for God's timing and surprises? And urged that we must recognize at times that we have lost the ability to wait.

This is due to several obstacles, of which he highlighted two: The first obstacle that makes us lose the ability to wait is neglect of the interior life. And the second obstacle is adapting to a worldly lifestyle, which ends up taking the place of the Gospel.

As Christians, we are called to proclaim clearly with our lives, words and deeds. We are also challenged to be like Simeon and Anna in the Gospel to recognize the presence of the Lord in our everyday life and embrace His ways so that we may be faithful to our baptismal vows to the end.

On this feast day, take this opportunity to greet and thank the consecrated persons for their joyful, generous and unceasing service to the archdiocese. On this 29th World Day of Consecrated Life, pray for them, visit them and may it be a manifestation of love, care and benevolence.

did not let the days wear them down, for their eyes remain fixed on God in expectation (cf. Ps 145:15).

The concerns of the Pope (for the consecrated) were felt as he questioned: Are we too focused on our good works, positions, seeking respect, turning religious life into a checklist of tasks, neglecting the daily search for the Lord? Do we plan our lives based on success rather than nurturing with joy and patience,

Thomas Stephens Konknni Kendr 35th Annual Awards

Thomas Stephens Konknni Kendr will have its 35th Annual Antonio Pereira Konknni Puroskar 2025 ceremony. Prasad Lolyekar, the chief guest will be presenting the six awards to the awardees, Marcos Cosme Andrade for the Dr Jack Sequeira Konknni Puroskar 2024, Dr Glenis Mendonca for Valerio Carvalho Konknni Puroskar 2024, Sr Amaline Fernandes for Maria Afonso Konknni Puroskar 2024, Fr Vital Miranda for Late Fr Casimiro De Mello Konknni Puroskar 2024, Fr Roman Rodrigues for Martir Floriano Vaz Puroskar 2024 and Ashok R Chodankar for Antonio Pereira Konknni Puroskar 2025.

Along with these awards, the centre will also present scholarships to the meritorious and deserving poor students. The Annual TSKK Research Bulletin - SOD-27 will also be released at the function. The articles are edited by Dr Pandurang Phaldesai and typeset by Swara Pednekar.

Venue: TSKK, B B Borkar Road, Alto Porvorim
Date: February 2
Time: 5 pm

Healing and Deliverance through Holy Eucharist at Porvorim

Healing and Deliverance Service through Holy Eucharist led by Fr Anthony Lopez and team is being held every first Sunday of the Month at Porvorim. The service begins with Praise and Worship, Word of God, Adoration and Mass.

Venue: Clergy Home, Porvorim
Date: February 2
Time: 5 pm to 8 pm



Mastering the art of masalas

Our Lady of Mount Carmel Community OCDS in collaboration with Rotary Club of Margao Sunrise will organise a masterclass of 'Mastering the art of Masalas'. Jyoti Naik, a housewife and culinary enthusiast will be the resource person. The evening will highlight various aspects of spices and the art of preparing, grinding, storing and usage of Masalas in various foods and cuisines. The masterclass is open to all and those willing to attend must pre-register.

Venue: Carmelite Monastery Museum Hall at Margao
Date: February 2
Time: 3.30 pm



Feast of Our Lady of Brotas

The Feast of Our Lady of Brotas will be held at the house of Adv Lida and Dr Zoya João. The prayer service will commence at 8.30am.

Venue: Solar da Santana da Silva de Almeida João, Bainfol, Assolna
Date: February 2
Time: 8.30 am to 11.30 am

Herald Gaming Console

Dilbert



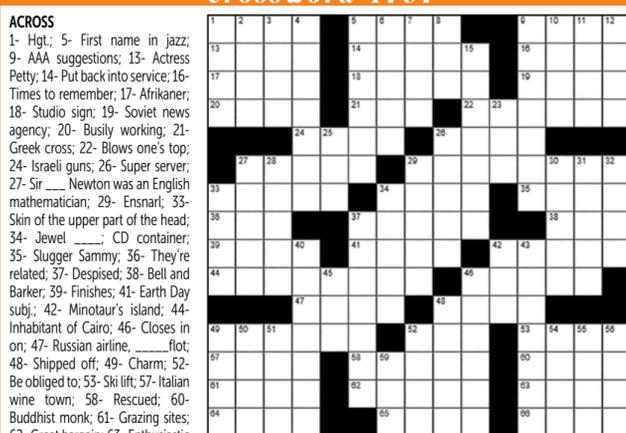
Garfield



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crossword 4757

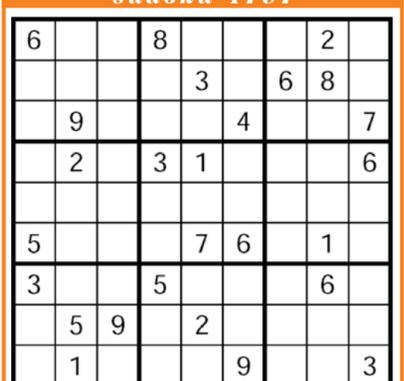


ACROSS
1- Hgt; 5- First name in jazz; 9- AAA suggestions; 13- Actress Petty; 14- Put back into service; 16- Times to remember; 17- Afrikaner; 18- Studio sign; 19- Soviet news agency; 20- Busily working; 21- Greek cross; 22- Blows one's top; 24- Israeli guns; 26- Super server; 27- Sir ___ Newton was an English mathematician; 29- Ernsart; 33- Skin of the upper part of the head; 34- Jewel ___; CD container; 35- Slugger Sammy; 36- They're related; 37- Despised; 38- Bell and Barker; 39- Finishes; 41- Earth Day subj.; 42- Minotaur's island; 44- Inhabitant of Cairo; 46- Closes in on; 47- Russian airline; ___ flot; 48- Shipped off; 49- Charm; 52- Be obliged to; 53- Ski lift; 57- Italian wine town; 58- Rescued; 60- Buddhist monk; 61- Grazing sites; 62- Great bargain; 63- Enthusiastic liveliness; 64- Bk. before Job; 65- Comic Johnson; 66- Skating area;

DOWN
1- Isle of exile; 2- Booty; 3- ___ saw Elba; 4- Quasi; 5- Sexy; 6- Horse and Olin; 7- Island feast; 8- ___ was saying...; 9- Comes back; 10- Mouse catcher; 11- Dawn direction; 12- Flat sound; 15- Put up; 23- 'Michael Collins' actor; 25- Nuke; 26- Photographer Adams; 27- Frosting; 28- Like beaches; 29- Stationery brand;

30- Private Pyle; 31- Atty-to-be exams; 32- Naturalness; 33- ___ Ball (arcade game); 34- Chocolate tree; 37- Inhenrix; 40- Class where you learn ser, estar, and haber; 42- 100 yrs.; 43- Dangerous snake, familiarly; 45- Actor Danson; 46- Sewing instrument; 48- Perspire; 49- Roy's 'singin' pardner'; 50- Functions; 51- French state; 52- Above, finished; 54- Indonesian holiday resort; 55- ___ for All Seasons; 56- Social standing; 59- ___ snail's pace;

sudoku 4757



Instructions for Sudoku

9 x 9 letter. To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4756

9	2	6	8	1	7	5	4	3
4	1	8	9	5	3	6	7	2
5	7	3	2	6	4	9	1	8
2	6	4	7	8	1	3	9	5
8	3	7	5	9	2	4	6	1
1	5	9	3	4	6	8	2	7
6	4	2	1	3	8	7	5	9
3	9	1	4	7	5	2	8	6
7	8	5	6	2	9	1	3	4