

Heart360 Tips: “Stress and Weight Loss/Management”

Please find below some of the important research study about “stress” and “weight loss.”

Key Points:

- Women who suffer from stress at home or at work, have slower metabolism and can gain weight more easily than their non-stressed peers.
- Link between depression and weight gain
- It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).

To learn more, please access links below:

“How Can I Manage Stress?”

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300690.pdf

“Stress Leads to Slower Metabolism in Women, Contributes to Weight-Gain”

(This study was conducted by Researchers from Ohio University and published electronically at Nature World News). See link below:

<http://www.natureworldnews.com/articles/8038/20140714/stress-leads-slower-metabolism-women-contributes-weight-gain.htm>