

Does This Job Make Me Look Fat?

Work burnout can lead you to overeat.

When your job leaves you feeling exhausted and overwhelmed, do you turn to food? A recent study in *The American Journal of Clinical Nutrition* found that women experiencing burnout at work were more likely to engage in emotional

and uncontrolled eating. The women with burnout didn't gain a significant amount of weight, "but emotional eating puts you at risk for weight gain because you're consuming extra calories when you're not really hungry," says Susan Albers, a clinical psychologist at the Cleveland Clinic in Wooster, Ohio.

To address the burnout, ask your primary care doctor for a referral to a psychologist or look into free counseling services through your workplace's employee assistance program. And to keep from mindlessly eating – which can pack on pounds that will only worsen your arthritis by promoting inflammation and increasing pressure on joints – try these tips.

Distract yourself. Before you reach for a snack, "go outside for a short walk and get some fresh air," suggests Albers.

Drink up. Try grabbing a low- or no-calorie drink instead of food. "Make sure you're staying hydrated," says Dawn Jackson Blatner, a registered dietician in Chicago. "People often mistake hunger for thirst."

Don't multitask while you eat. "You'll be less likely to overeat if you set aside your keyboard and focus on what you're eating," notes Albers. Try to eat in a break room or cafeteria rather than at your desk. —JEN USCHER



SMART SNACKS

Choose one of these nutritious but satisfying snacks the next time you're tempted to binge on junk food during a difficult workday.

For crunchy or salty cravings, try

- A handful of pistachios. Buy them shelled to give your fingers a break.
- Unbuttered popcorn

For sweet cravings, try

- Stirring unsweetened cocoa



powder into nonfat Greek yogurt. "It's lush and chocolaty, but you'll also get health benefits from the protein and the good bacteria in the yogurt," says Blatner.

- A 100 percent fruit juice Popsicle

EVERYTHING YOU NEED TO START WALKING AND FEEL GREAT!



STARTER KIT

ONLY \$24⁹⁵

INCLUDES:
popular walking guide, pedometer, shoe wallet and more!

ORDER NOW!

Use code **WWESKIT**
www.afstore.org or
800-283-7800

