Mood

1. If you eat when you're feeling low on energy, find other mid-afternoon pick-me-ups. Try walking around the block, listening to energizing music, or doing some quick stretches or jumping jacks. Another alternative is taking a short nap just keep it to 30 minutes or less.

2. If you eat when you're stressed, find healthier ways to calm yourself. Try exercise, yoga, meditation, or breathing exercises. Better manage stressful situations by either changing the situation or changing your reaction. See related articles below to learn more about stress management.

3. Lifting your mood. Exercise can treat mild to moderate depression as effectively as antidepressant medication. Exercise also releases endorphins, powerful chemicals in your brain that energizes your spirits & makes you feel good.

4. Avoid stress while eating. When we are stressed, our digestion can be compromised, causing problems like colitis & heartburn. Avoid eating while working, driving, arguing, or watching TV (especially disturbing programs or the news). Try taking some deep breaths prior to beginning your meal, or light candles & play soothing music to create a relaxing atmosphere.

5. Hot, spicy foods that contain curry, chilies, or other hot peppers such as cayenne, help to trigger endorphins. These hormones are what make people feel good & well balanced. In fact, endorphins are like a natural morphine that helps ease pain & provide a sense of well being. The next time you are feeling a little down or have some minor pain, try eating something spicy.

6. Cut the junk. The ups & downs that come with eating sugary snacks & simple carbohydrates cause extreme swings in energy level & mood. Cutting out these foods can be tough, but if you can resist for several days, your cravings will subside.

7. Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Feed the urge to do something by walking the dog or working in the garden.