

Weight Gain under Stress

Doaa Dahdouli*

Department of Nutrition, Lebanese International University, Lebanon

In a busy and fast lifestyle, everybody is prone to gaining weight. Obesity is spreading around the world to become one of the diseases threatening the life of some. Addiction to food is one of the reasons behind obesity. In addition to consuming food of high glycemic index which increases blood sugar thus increasing fat storage and decreasing fat burning.

Besides, everyone is experiencing “Emergency mood” almost every day and most of the time. Emergency mood is “stress” in other words. When in stress, Cortisol, the stress hormone, is released in blood. This can be affecting many mechanisms in the body. It will cause blood sugar imbalance, impair cognitive performance, suppress thyroid function, decrease bone density, increase blood pressure, increase fat in belly, cause exhaustion, increase estrogen, increase inflammation and will lower immune system.

When we eat in stress, digestion will decrease, calorie burning will decrease, and nutrient excretion will increase. Thus Cortisol and insulin hormones signal fat storage and stop building muscles. Therefore, the

body will have sugar crisis, which will be craving more sugar and more energy as a natural feedback, and the easiest way is chocolate and sweets.

To lower stress and its effects on body weight; first, avoid making big steps in one time. Big steps won't be reached in short times, which will cause stress. Second, ignore any cause of stress in your life. Everybody is susceptible to stress situations in life, but learning to ignore everyday problems is the best way. Mindfulness can change how you think and deal with these situations. (Try closing your eyes 10 minutes every day to relax and forget about conflicts). Third, start reality thinking about what makes you in difficult situations. Fourth, when you feel stressed, set goals to control the stress factors that can be controlled. Fifth, make decisions about the changes and how you will implement them. And last, avoid eating when you are stressed or passing through a stress situation. Instead, try to have walk (this will decrease Cortisol and increase serotonin, happy hormone) or talk to a close person, which will help you lower stress and try to find solutions.

Stress can be controlled by a simple small steps, but don't let it control you and your health, specially your weight.

***Corresponding author:** Doaa Dahdouli, Department of Nutrition, Lebanese International University, Lebanon, Tel: 0096170109159; E-mail: doaa.dahdouli@hotmail.com.

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