

## **STORY 2: THE COMFORT FOOD CRAVER - KICKING THE SUGAR RUSH**



For Alex, comfort came in the form of cookies, chips, and endless bowls of ice cream. Stressful days at his desk job often led to evening binges on sugary treats. While these indulgences offered temporary pleasure, they left Alex feeling sluggish and guilty. He knew he needed to break the cycle but lacked the willpower to resist the siren song of the pantry.

Alex's turning point came when he realized the emotional connection behind his cravings. Stress and boredom were the true culprits, not actual hunger. He started journaling to identify his triggers and explored healthier coping mechanisms. Instead of reaching for sweets, Alex would take a brisk walk, call a friend, or listen to calming music.

Another key change was revamping his pantry. He swapped sugary snacks for healthier alternatives like nuts, fruits, and dark chocolate. Planning and prepping healthy meals ensured he had nutritious options readily available. Slowly, Alex's taste buds adjusted, and he started craving the natural sweetness of fruits and vegetables over processed sugars.