

Emotions and Your Weight

Emotions often drive eating – happy, sad, excited, nervous, scared...

Here are some tips to help control emotional eating:

- **Eating doesn't make the problem go away!** Instead, try to deal with the problem in ways other than eating. For example, take a short walk or call a friend.
- **Think positively.** If you catch yourself thinking negatively or worrying, focus on more positive things in your life.
- **Be active.** Take a brisk walk, get on a stationary bike, or do some stretches. Exercise will make you feel better!
- **Distract yourself.** Find something else to do rather than eating. Listen to some music that lifts your spirit.
- **Avoid the kitchen.** You will be less tempted to feed your emotions.
- **Have healthy snacks readily available.** Comfort foods don't have to be unhealthy.
- **Consider getting support.** Start with family or friends. For additional assistance, consider your clergyman or talk with your health care team.



Southern California
TRIBAL CHAIRMEN'S
Assoc., Inc.



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USDA FOOD COMMODITY PROGRAM

COMMODITY DISTRIBUTION SCHEDULE FOR FEBRUARY 2022

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
FEBRUARY 3, THURSDAY	SAN PASQUAL	8 AM – 12 PM
FEBRUARY 7, MONDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
FEBRUARY 9, WEDNESDAY	RINCON	8 AM – 12 PM
FEBRUARY 10, THURSDAY	PECHANGA PAUMA	9 AM – 10 AM 10:30 AM – 11:30 AM
FEBRUARY 14, MONDAY	PALA	9 AM – 11:30 AM
FEBRUARY 16, WEDNESDAY	MANZANITA/LA POSTA OLD CAMPO	9:45 AM – 11 AM 11:30 AM - 12:30 PM
FEBRUARY 17, THURSDAY	BARONA	11 AM – 12 PM
FEBRUARY 22, TUESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
FEBRUARY 23, WEDNESDAY	CAMPO	10 AM – 12 PM

OFFICE CLOSURES: Monday 21ST – President's Day

A HOUSEHOLD CANNOT PARTICIPATE IN THE FOOD COMMODITY PROGRAM IF THEY ARE ON THE CALFRESH (FOOD STAMPS) PROGRAM. YOU CAN PARTICIPATE IN ONLY ONE OF THE ABOVE PROGRAMS.

WRONG INFORMATION ON APPLICATION, DUAL PARTICIPATION, SELLING OR EXCHANGING USDA FOOD COMMODITIES COULD BE A BASIS FOR DISQUALIFICATION FROM THE FOOD COMMODITY PROGRAM.

IF YOU DO NOT PICK UP ON YOUR SCHEDULED RESERVATION DAY, YOU MUST MAKE AN APPOINTMENT TO PICK UP AT THE WAREHOUSE. CALL OUR OFFICE FOR AN APPOINTMENT.

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