

ALL OTHERS: GETTY IMA

## Stressed

### **What You Want**

When your mind is fried, you may be tempted to inhale bag after bag of chips. But simple carbs, which your bod converts to straight-up sugar, put your energy levels on an anxiety-provoking roller coaster, says Lustgarten.



### What You Need

Reach for nutrients that calm your nerves. Zinc, found in nuts like walnuts, has been shown to reduce tension over time. Walnuts are also full of healthy fats, which can help you make clearer decisions. "You'll increase your brain function when you incorporate this kind of goodness into your diet," says Smith.

### **Your Happy Snack**



Good Night Bites Cut two dates in half and remove the pits. Stuff each half with goat cheese, and top with walnuts.

# Heartbroken

### **What You Want**



Pizza, fries...all the heavy stuff. "It's instinct to reach for these when you're down," says Smith. "They temporarily boost serotonin, the neurotransmitter that makes you feel on top of the world." But remember, the comedown is a real bummer.

### What You Need

Instead of temporarily blunting your blues with a lasagna binge, reach for foods that will help you get out of the dumps for good. Bananas (which we magically transform into dessert, at right!) contain magnesium, a healthier serotonin-booster that can improve your mood long-term.

### **Your Happy Snack**

## Breakup Ice Cream

In a blender, combine one frozen, sliced banana with ½ c. almond or coconut milk and 1 T peanut butter. Blend until smooth, then top with a handful of dark chocolate chips. Eat immediately, or freeze for 30 minutes for a firmer consistency.



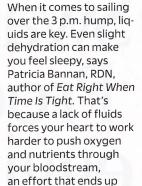


### What You Want



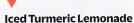
Your insides are literally screaming for caffeine and sugar, but don't give in. The pick-me-up provided by that unholy drink duo will fade fast.

### What You Need



sapping your verve.

### **Your Happy Sip**



In a pitcher, combine one quart filtered water with 1T turmeric (it boosts energy, according to studies), the juice of two lemons, and 1T maple syrup. Pour over ice.



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