Holiday Helpings [1]

Week of:
Nov 21, 2014

How do I know when I'm no longer hungry? [2]

Dear Alice,

How can you tell when you're full? I am not over-weight, but I tend to over-eat. How can I know when to stop?

?Not Fully Aware

Curfew on break? Is my mom joking?! [3]

Alice,

I just went home for my first Thanksgiving break, and my mother had the nerve to try to give me a curfew! I told her that I am safe, don't drink, and have tame friends, but that we like to hang out until late because we haven't seen each other for so long. Well, on my last night home, I fell asleep hanging out at my boyfriend's house. I woke up at 3:30 A.M. and even though I wanted to stay, I went home because of my mother. She was awake when I arrived, and furious! Those hours with my boyfriend and friends are precious, and I hate having to feel guilt, worry, or dread about going home when all my other friends are relaxed and having fun. What can I do? Am I being unreasonable?

?Time warped by mom

Why do people find fatty or sugary foods comforting? [4]

Dear Alice,

Why do people find fatty or sugary foods comforting? I mean, what is it in these types of foods
that causes the body / mind to see this type of food as comforting or pleasurable? Surely from the point of view of the body, it prefers foods that are high in nutrients? so why do people who turn to food for comfort always turn to fatty or sugary foods that don't offer the body anything? just wondering??? and I hope that made sense because I'm sorry it's quite badly worded!

Read more [4]

Food coma [5]

Alice,

I find that when I eat lunch I can feel myself instantly get tired as if a wave passes through me. My face gets a feeling of being sweaty and flushed. Coffee and copious amounts of water help counteract this. Also, it doesn't happen every day with every meal. Very small amounts of food don't cause this. It's as if I eat above a small threshold, then it happens. It makes it hard to work. A short nap would be perfect (but not possible). Is this something to be worried about?

Read more [5]

Unhappy first year [6]

Dear Alice,

It's past Thanksgiving vacation and I am still not happy my first year at college. I don't feel like I have a solid routine and yet I feel like I'm in a rut. I have a few friends but they're not really people I want to spend my next four years with and I feel like the cliques have already been decided and I have trouble running up to people and introducing myself anyway. I'm bored all of the time and I sleep an ungodly amount of my life away, and all the literature says that I should be adjusted and having a swingin' time by now. And I'm not. I just want to take control of my life and make it, y'know, START, but I don't have the energy and I wouldn't know where to begin anyway.

Sincerely,

Sufferin' Sucka-tash

Read more [6]
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/node/24406#comment-0

Links