

W.O.W.

WAC ON WELLNESS

AVOIDING HOLIDAY WEIGHT GAIN

Look at your holiday eating beliefs.

- Are you going into the holidays believing you will gain weight? Do you believe you can't control yourself?
- What you believe is powerful! Thoughts can become actions. Try entering the season with a more curious attitude. ("I have had trouble in the past controlling myself around holiday baked treats. This year I will stay more mindful and observe what happens.")

Consider your stress level and simplify. Stress can affect eating.

Modify your plan and be "intelligently flexible".

When facing an eating decision, ask these questions:

- What am I looking for right now (body nourishment, pleasure, something else)?
- Does this feel kind?

Do what you can to balance your brain chemistry for better self control.

- Don't go hungry.
- Control blood sugar levels and mood by eating plenty of high fiber fruits and vegetables, along with a good portion of protein.
- Eat concentrated sweets in moderation.
- Get plenty of sleep, sunlight, laughter, exercise, friendship, and positive thinking to boost serotonin and endorphin levels.

Stay present: If you disappoint yourself, remember that you only have this moment to make changes. You cannot have a re-do, but in this moment you can do something more important – forgive yourself and change your long-term thinking.

5 Practical Tips

- Plan lots to do. Steer clear of overeating (and overdrinking) opportunities.
- Plan meals.
- Watch inner dialogues, and give yourself a break!
- Think about non-food rewards.
- Look at the holidays as a learning experience to incorporate into your long-term eating plan. (There will always be more holidays!)

Put the entire situation into perspective.

How many days of "holiday" are there – really?



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