

NEW HORIZON MEDICAL

|NOV 2022|

Health Tip of the Month



Navigating the Holidays



Pursuing weight loss through the holidays is extra challenging but rest assured there are some tips and tricks that can help you...

- Get rid of the Halloween candy. The best way to avoid indulging in a moment of weakness is to keep it out of your environment!
- Plan ahead for gatherings with friends and family
 - Let them know that you are working towards a goal
 - Focus on the change being for your long-term health
 - Although it may be restrictive now it will not be forever
 - Before you go, revisit your motivation for change
- Make an effort to differentiate emotional eating and true hunger
 - Holidays can bring up a lot of emotions for people (both good and bad)
 - This can trigger some old habits around emotional eating
 - Look for true hunger cues
 - Step away for a moment to evaluate cues/emotions

IDEAS FOR PUTTING IT INTO PRACTICE

- Plan. If you are able, check the menu beforehand and decide what you will have
- If the event is potluck style bring something you can have and stick to that if other options are limited
- Avoid situations and people that can trigger emotional eating when possible
- Know that one meal, day, or week will not change your overall success but also know that sometimes these off events can be a slippery slope
- If things do not go as planned get *right back to it* not tomorrow or next week - now!