



Monthly Newsletter November 2010

3 Key Strategies to Survive the Holidays without packing on the pounds

"My doctor told me to stop having intimate dinners for four unless there are three other people." -- Orson Welles, author

With the holidays around the corner we are already focusing around food. For many the holiday season is a time of joy and love yet for others it's a perfect opportunity to indulge in overeating, overstressing and overspending.

So how do you avoid expanding your waistline while the party season is just beginning?

To survive the holidays without gaining weight, I have identified the "trigger" situations and feelings that are making us overeat during the holiday season and have come up with key secret strategies that will help you and motivate you not only through the holidays, but for the rest of the winter months as well. Here are the top 3 with their corresponding survival techniques:

Trigger #1: Food Temptations!

Even when everything else is just aligned, food is just everywhere and temptation itself can be the most seductive reason to trigger a 2 month binge! Most family gatherings, holiday parties and celebrations are centered around food and in most cultures, food is an expression of love as well as celebration and sharing. So it's really difficult not to partake!

Solution: Stay present and be sensible!

Be present and REALLY Enjoy the richness and flavors of every bite, indulge in the aromas, the colors and the textures of the meal, chewing slowly and taking the time to satisfy all your senses, not just your belly by wolfing down 2 slices of pie while zoning out. When you stay present, you will enjoy your meal more, will be satisfied with less food and you will be able to assess how your body feels and when it's full. When you stay



present, you can also decide in advance what foods to enjoy and which ones to avoid, so you can indulge in some foods yet leaving the guilt at home.

Trigger #2: Busy Schedules

The holidays, are just Extra hectic and busy for everyone. With all the family events, shopping, wrapping, social obligations & customs as well as traveling, your time becomes very precious and rare. Exercise, sleep, cooking a healthy meal and your routine, fall off to the side.

Solution: Prepare yourself.

Planning just a couple of hours over the weekend, to stock some healthy options for the week, can save you inches off your waist and much drive-through regret! So plan to bring a healthy dish if you are going to a potluck family gathering and on Sunday night prepare an emergency kit of healthy snacks for the car or the office, in case you have a late night or decide to go Christmas shopping right after work.

Stay consistent with your daily meals so you never leave the house hungry and don't attend holiday parties ravenous. Make sure you don't skip any of your meals and especially your breakfast. Incorporate protein in every meal, which will help balance your blood sugar providing you with sustained amount of energy throughout the day, avoiding those dips mid afternoon. When it comes to your sweet tooth, savor the sweet fall vegetables of the season, (baked sweet potatoes, squash, beets) and have some fruit handy that will help you curb your cravings.

Trigger #3: Emotional Eating

As much as the holidays are fun, they are also very stressful and it can be very emotional time of the year, due to added responsibilities and preparation that the holidays require, troubled relationships with relatives, tension with in-laws and financial situations that spike even more due to the overspending.

So for many people, overeating and overdrinking is just a good way to soothe and numb their feelings.



Solution: Identify the Connection

Before you can change anything, you need to identify the emotions that are associated with your particular cravings and the particular time of the day! Do you crunch on chips when you are stressed or dive into a banana cream pie when you are lonely or bored?

There are 7 major feelings that trigger emotional eating and learning what triggers those for you, will probably be your best tool to go through the holidays without packing on the pounds.

No matter how prepared you are for the week, if you don't know how to recognize your feelings and learn how to manage your emotions, when stress, overwhelm and anxiety knock on your door, (and they will), you will still end up binging on fast food or candy to take the edge off.

So take the time to recognize the feelings, talk to someone about them, call a friend, get support and even make a nourishment menu list of activities that are not food related, yet they make you happy and will nourish your soul as much as your body.

Remember the holidays are as much about food as they are about celebrating with getting together with friends and family. If you follow some of the tips here to stay in balance during the season, you can enjoy all the glamour and the glitz without worry, guilt or extra weight!

Happy Holidays!

To your health,
Dina

PS. IF you are interested in learning more about:

- Overcoming Emotional Eating,
- The 7 most difficult feelings for Disordered Eaters
- Individual Assessments, Worksheets, tools and techniques to identifying the situation that trigger those feelings
- Managing your emotions.
- Understanding ALL the CAUSES that Drive your Cravings

Register now for an Intense, Information packed 2- series Workshop on "How You Feel Is What You Eat" at:

<http://www.anew-wellness.com/events.html>