

HUMAN PERFORMANCE CENTRE

Want to Eat More Mindfully During The Holidays? We Can Help!

The holiday season is underway and for many that triggers much stress and anxiety around food. Many feel that their regular lifestyle habits go out the window during that time with temptations of delicious foods everywhere. Here are some tips how to approach the holidays mindfully while enjoying delicious foods and minimizing stress at the same time.

1. Enjoying more tasty foods during the holiday season is a normal part of life and doesn't mean you or your diet have failed. Realize that there will always be occasions and times in our life that will deviate from your

regular routine. Embracing those deviations and accepting they short term can greatly reduce your stress around this time of year.

2. Take care of yourself by eating regular meals, getting adequate sleep and exercise to relieve stress and get energized. Despite having to attend many gatherings around food, stay away from skipping meals. Being so hungry that you feel starving will likely lead to overeating past the point of feeling satisfied. So don't deprive yourself of food for the sake of being

able to eat more at a party later on in the day.

3. When presented with a variety Christmas goodies, may it be at work, at home or at a party, take a moment to review all the available options. Don't just dive in but pick the ones you really want to try. What attracts you to the food? Make your choices based on appearance, texture and aroma.
4. Restricting yourself from enjoying tasty foods will likely lead to over eating because when you tell yourself you cannot have something, you somehow want that

exact thing and your body will crave it until you give in. How satisfying a food is can greatly determine how much you eat. People tend to chose foods based on other factors and therefore feel like they are never satisfied and eat too much. It really all comes down to that question: What do I really want to eat?

5. Savour the experience. Eat slowly for maximum pleasure and check in to see whether you are satisfied. Did you know that the flavour perception of a food diminishes after one or

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two bites? So if your food choice doesn't really hit the pleasure you were hoping for, don't feel obliged to finish it just because it is on your plate. Feel free to leave it and taste another food.

6. So what if you over indulge? Well, you are human after all. Accept that you did and move on. Avoid getting trapped in negative self talk or restrictive dieting behaviours, such as cleanses, cutting out entire food groups or excessive exercising. Embrace the holidays and focus on other meaningful activities. Enjoy spending

more time with family, enjoying time off work or travel somewhere. Take time to relax and recharge. Remember to take care of yourself.

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