

HEALTHY HOLIDAY HABITS


Strategies to work through some
common Holiday Pitfalls!



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HOLIDAY PITFALL # 1





1.) Skipping meals
and snacks to save
up for later



- Eat regular meals
and snacks
throughout the
day.

- As a rule of
thumb – aim for
eating meals every
4 hours. If needed,
plan for snack in
between.

- Try to have a
serving of protein,
carbohydrate, and
fat with each meal
and snack if
possible.

- Remember –
saving up for later
typically =
overindulging and
feeling out of
control at holiday
parties.

$\frac{1}{4}$
protein foods

$\frac{1}{2}$
vegetables

$\frac{1}{4}$

HOLIDAY PITFALL # 2



2.) Avoiding certain foods because you view them as "bad" or "unhealthy"



- Allow yourself to feel satisfied with certain traditional foods this holiday season.
- Avoiding foods typically leads to overindulgence in the end.
- Having a balanced mindset when sitting down to eat is best. Again, make sure to include a protein, carbohydrate, and fat with your meals. So yes that does mean you can have those mashed potatoes or macaroni and cheese!



HOLIDAY PITFALL # 3



3.) "All or None" or "What the Heck" thinking pattern



- "All or None" refers to either being all in with "dieting" or no control at all
- "What the Heck" refers to giving up on that day because it's been "ruined" by the foods in which you've already chosen to indulge in
 - Try to remember that one or even multiple indulgent foods that day doesn't = complete failure.



HOLIDAY PITFALL # 4



4.) Not getting enough movement



- Movement is extremely important no matter what time of year it is.
- Movement does not have to look a certain way for it to "count".
- Walking for 10-15 minutes a couple times in a day, deciding to park farther away or taking stairs vs. Elevator, or simply stretching or doing yoga.
- Aim for at least 3-4 days of movement a a week if possible. Start small!

**THE BEST
MOVEMENT
IS THE ONE
THAT FEELS GOOD
TO YOU.
ONLY YOU KNOW
WHAT YOUR BODY
ENJOYS.**

@ahealthymakeover

HOLIDAY PITFALL # 5



5.) Backing down to Food Pushers



- Food pushers = " Oh come on, just have a little more." OR " You have to have this I made it just for you".
- Sometimes we feel extremely guilty if we don't have a certain dish or seconds because we feel we are hurting someones feelings if we say no.
- Remember, there is nothing wrong with having seconds or a particular dish if that's what YOU want.
- Try saying "I would love to have some, could I take some home with me?" Or "Thank you so much for making that – I will have some later when I'm not so stuffed!"



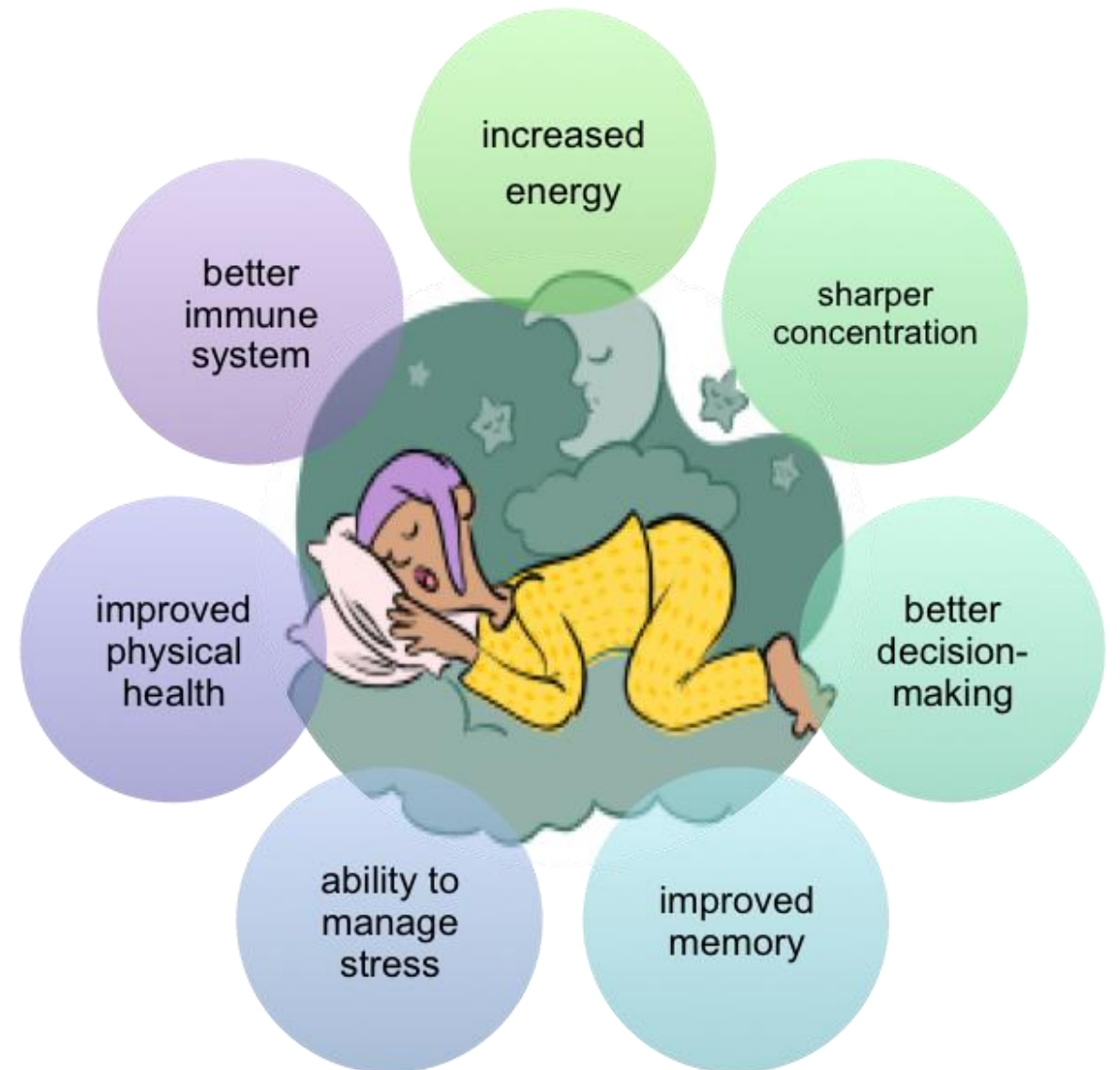
HOLIDAY PITFALL # 6



6.) Not prioritizing sleep



- Sleep is extremely important when thinking about how we desire foods and desire the idea of moving our bodies.
- We all need a minimum of 6.5 hours of sleep each night.
- During the Holiday's we can run ourselves down with so much all that we have going on.
- If sleep is something that you struggle with, pay attention to areas you can make improvements upon. Is it time of sleep, quality of sleep, bedroom environment, screens before bed?



HOLIDAY PITFALL # 7





7.) Not having a game plan

- We don't always need a game plan. But if you feel overwhelmed by certain events then a game plan is essential.
- Holiday parties are a good time to practice having a game plan or even just a small get together with family or friends.
- Bring a side dish that you feel comfortable eating. Have a game plan for food pushers.
 - Make sure to eat regularly throughout the day.
 - Stay hydrated!
- Tour the buffet first at parties to have an idea of what is being served
- Remember, you can always go back for more if you feel up for it! Start off small and see how you feel after.
- Always try to sit and eat vs. Standing up to eat if you can.



HOLIDAY PITFALL # 8



8.) Alcoholic Beverages



- There is nothing wrong with having an alcoholic beverage! You just have to recognize how it may affect your food choices.
- Try to alternate an alcoholic beverage with a glass of water or seltzer. Try making mocktails for a fun twist on your favorite drink!
- Set a limit in your head before you get to the party or event. Remember that often times alcohol triggers are desire to overindulge or reduces our inhibitions.



HOLIDAY PITFALL # 9





9.) Not prioritizing stress management

- Holidays can trigger stress due to the pressure we put on ourselves and the amount of things we plan during this time of year.
- Discover coping mechanisms that help you through times of stress that do not involve food.
- Examples : Taking a bath, journaling, meditation/yoga, going for a walk, talking to a friend, talking to a Therapist, listening to music.



HOLIDAY PITFALL # 10





**Be kind to
yourself.
You're doing
the best
you can**

10.) Being too hard on yourself!

- Remember that we all emotionally eat over the Holiday's and all through out the year for that matter.
- Emotional eating is a part of being human. You are not a failure if you decide to have a dessert even if you are already stuffed.
- The best thing to do is to show yourself compassion and move forward vs. Throwing guilt into the equation.
- Remember that you are not defined by how well you restricted a desired food or didn't.
- In the end, paying attention to our hunger and fullness cues is important for how we feel from eating. Learning to do this is essential but takes time! Give yourself grace. Let this be something you work on slowly but surely.
- Another mantra to say to yourself when you are faced with temptation over the Holidays is " I can always have more later when I'm not so full". But again, this is not a rule that you are going to follow or break. It's a growing mindset! Give yourself some time!



Cooking Demonstration

PALEO APPLE CRISP



GREEN BEAN CASSEROLE SALAD

