

Explore having a healthy holiday

Health Engagement and Wellness Services

Get to know your danger zones!

- What happened to you last year during the holidays?
- Have you gained weight and gotten off track in the past?
- Through hindsight, which choices led to your gaining weight?

Take into account the mindset of holidays or special occasions:

- What typically happens at holidays or special occasions? Aren't they filled with people, food, and emotions? Because of this, the events may be enjoyable and stressful at the same time.
- What do the events frequently center around? Food! You'll probably find tempting treats everywhere.
- Many times you may find that overeating is encouraged — "Oh, you can go off your diet just this once!"

Consider that you probably have been through these situations many times in the past. What can you learn from them?

How can you make more effective choices next time?

Explore your commitment to yourself: What could help you?

Restate your commitment to improved health and fitness and long-term healthy living: My commitment to me is _____

Remind yourself how good you look and how successful you feel. Honor yourself by making choices for you that nurture your well-being. Remember, you are worth caring for!

Think about this year:

- What could you do differently?
- If you had the power to design a positive holiday experience, what would it look like?
- What is the one thing you'd like to have or to have happen this holiday season?
- What would have to be done to increase the possibility of this happening?
- What obstacles might stand in the way? How could you overcome them?
- What kind of support would you like from others to be successful?
- What are the specific things that you can do to help you stay in control this season?

Plan ahead

Think about the event before going. Failing to plan is planning to fail. An ounce of preparing keeps you thriving.

Remember: Prior planning prevents painful, poor results.

- Anticipate the food that will be there and the actions of other people.
- Think about your own desires to eat and the external pressures from others.
- Practice visualization and mental rehearsal techniques.

How do you imagine the event to be? _____

What is your plan? _____

Because the events may involve lots of preparation — like cleaning up the house, shopping, or food preparation — you may not find time to go for a walk or to practice other stress reduction activities.

Watch out for being P-HALT. Are you too:

P = Pressured?

H = Hungry?

A = Angry?

L = Lonely?

T = Tired?

Can you take time for slowing down and resting? Maybe even a nap!