

Making it Through the Holidays

Yielding Action Health Coaching

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<http://yieldingaction.com>

Eat the Sweetie

- Don't go crazy, but allow yourself to have a piece of fudge, or a cookie when those yummy treats appear in your office.
- Choose wisely
- Enjoy, be guilt free
 - ! Don't make food a villain
- Stop
 - ! Change your attitude when you stop
 - Don't resent stopping
 - Think about how much you enjoyed your treat

Be Mindful

- Slow down and think about your food
- Look at it
- Smell it
- Think about
- Chew slowly and really taste your food
 - ! How do you feel?
 - ! Do you want more? Are you satisfied with the taste you had? If so stop.
- Put your fork down and talk to those around you or just breathe

Eat to 80% full

- Eat slowly
- Ask your self “Am I satisfied?”

Yes? Stop eating and just enjoy the conversation, in about 20 minutes you will feel even more full

! No? Mindfully choose a little more and stop when you feel you are about 80% full

Just Have Fun and De-stress

- De-stress – Try deep breathing, prayer, exercise etc. before going to events that cause you stress
- Breathe, pause, and relax while you are there
- When you reach for food ask yourself “Am I hungry or is this to calm my anxiety?”. If anxiety based, don't take it, take a breath instead.
- Choose to enjoy yourself, have fun
- Think of the things you enjoy not the things you dislike

Love you

- You are a unique individual and that is good, we don't need a world of sameness.
- Enjoy you, love you and who you are
- Treat yourself like you would treat someone you love.
- Loving yourself is key to living in your best place of health and wellness.

My Mantra

I really like you being you, even if you being you is different from me being me!

More importantly

*I want you to Like you being you, even if
you being you is different from them being
them!*

Enjoy the holidays!

Lisa received her Health Coach Certification from the Dr. Sears Wellness Institute, founded by world-renowned physician and author, Dr. William Sears. The Institute is a leader in science-based health and wellness education that focuses on the four pillars of health; Lifestyle, Exercise, Attitude and Nutrition (L.E.A.N.). A certification by the Dr. Sears Wellness Institute is obtained only after completing the extensive course work and meeting all requirements. Once certified, a Health Coach possesses the knowledge, tools and resources to make a positive difference in the health of others.

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