



ALLOW YOURSELF TO EAT OUT OF SCHEDULE

Due to the nature of gatherings, you're going to eat at times you're not used to. Be flexible. Embrace the 4:00 Friendsgiving even if you've just had lunch 2 hours ago.

DON'T "SAVE UP" YOUR CALORIES

If you know you have a Potluck dinner, be sure you still eat breakfast and lunch. The idea of "saving up" your calories can lead to overeating which will in turn make you feel mentally and physically worse.

ANTICIPATE COMMENTS ON YOUR APPEARANCE

Sometimes Holidays bring you together with people you haven't seen in a while. Expect that they will comment on your appearance; this is a normal way of making conversation. Try not to take it personal and be prepared with ways to deflect/change the topic.

EXPECT FOODS THAT AREN'T PART OF YOUR REGULAR DIET

You may eat more carbs or sweet treats than you're used to during the Holiday season. Remind yourself this is normal and trust that your body knows what to do with it.

DON'T CHANGE YOUR EXERCISE HABITS.

It may be tempting to increase the length and intensity of your workouts to compensate for the higher food intake around the Holidays. This can create expectations and instill disordered thought-patterns.

EMBRACE FULLNESS

Holiday meals may lead to uncomfortable fullness, especially if you're someone who doesn't normally let yourself eat to satiety.

Try to observe how it feels to be too full, without passing judgement. Then, distract yourself by engaging with the people you're spending time with.

AVOID A DEPRIVATION MINDSET

Remind yourself the cookies will still be there tomorrow. Take one home if you're not craving it but worried they will be gone by the time you are. There's a fine line between having a cookie every single time you pass the office lounge and drooling over them day after day without ever allowing yourself one. Most importantly, remind yourself it isn't your last chance to have a cookie. Food is abundant!