



THANKSGIVING SURVIVAL GUIDE

A Self-Care Strategy To Help You Get Through the Day With Peace, Pleasure & Possibility

Whether you love it or hate it (yes, some people do), Thanksgiving is here. It's the official food holiday of the year, and the kickoff to an entire season of parties, family gatherings and abundant food spreads. This can be a dicey season for many people, particularly those who struggle to maintain their weight, health or sanity!



But I've got some great news: There are a couple of key factors that the nutrition industry doesn't share with you that can dramatically reduce the likelihood of holiday weight gain and help you stay more calm and present throughout the season.

Did you know that one of the main factors in gaining weight or inability to lose weight is eating under stress? It's not just about how MUCH you eat - it's about HOW you eat. Fortunately there are a few things you can do to prep for Thanksgiving in a way that allows you to fully enjoy what you enjoy, be more present with the people in your life, AND reduce the likelihood of ending up with a tighter waistband.

Tip #1: Do something that relaxes you on Thanksgiving morning. For me its going to be morning yoga. But it could be meditating, going for a walk, taking a bubble bath or getting a massage. Even if you are preparing all or part of the Turkey feast, make sure to "carve" out some time for yourself before the festivities begin. And

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remember to breathe throughout the day and throughout the meal, particularly if you find yourself getting stressed. Relaxation and Vitamin O (Oxygen) are powerful metabolism boosters!

Tip #2: Set an Intention. Depending on your situation, family get togethers can either be something you really look forward to or something you dread. Maybe your mom drives you nuts with her endless questions, or there's that one uncle who won't pipe down about his politics. Or perhaps you just feel plain old lonely or miss someone you've lost this time of year. All of these conditions can raise your stress levels, take you out of the moment, and increase the likelihood of overeating. Before you head into the party, take a moment to acknowledge your feelings around the peeps you'll be eating with, and set an intention for how you want to show up. Do you want to remain calm? Do you need to set boundaries? Do you want to express more love and gratitude? You always have a choice about the experience you want to create for yourself. Remember other people's "stuff" is their stuff, it has nothing to do with you. Be your own champion, allow yourself to have your feelings rather than stuff them down.

Tip #3: Forbid Nothing. Don't make any rules about what you'll eat or not eat. Forbidding something is a surefire way to make you want it 100 times more. Make the decision to trust yourself, and to listen to your body to determine what and how much you really want. And, get curious. If you are drawn to a particular food like pumpkin pie, ask yourself what really appeals to you about it. Is it the actual taste or texture of the pie, or is it a memory or a warm feeling from a past experience of pumpkin pie? Do you really want a slice of that jello mold, or does it just remind you of your grandma? Often our attraction to food is based on a past experience rather than a present desire. And whatever you choose, eat it slowly and savor every bite!

Tip #4: A Different Kind of Thanks. Whatever your feelings about Thanksgiving may be, there is one thing about it that is super powerful from a personal growth perspective, and that is giving thanks. Gratitude is one of the best ways to reduce stress. You see, fear and gratitude cannot co-exist. So this Thanksgiving, at the end of the day take a few moments to journal what you are grateful for, and I don't mean the usual people or things. I mean what you are grateful for on a soul level, for your growth as a person, for the qualities that you bring forward into the world, for the experiences you've had that have shaped your character, and for the awesome self-care that you practiced by taking these steps!

HAVE A JOYOUS HOLIDAY!