

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



Module 3 Assignments: Mind and Body

Mind

- What are your cravings telling you about you?
- What are the situations when they are active? What do you reach for?
- What is lacking in your life? What are you tolerating in your life? Make a list of everything (I came up with 50 the first time I made one!)
- How is that yearning echoing in other areas of your life? What are you craving-- or missing from your life? Work? Friends? Relationships? Finances? Your Health?
- How can you change that pattern and create a new one...time to look at your distraction list (ie knit instead of eat while watching TV, call a friend if you are lonely, journal your anger or express it and give it a voice, discover a new activity if you are bored, clean out your closet and start a project or hobby).
- Remember that your food doesn't care if you are lonely or angry and can't fix the problem. If you are not hungry (ie just ate), the only way is to look at your cravings and see what you are *really* craving. Otherwise you will be eating too much for the wrong reasons and will surely backfire by getting you into that cycle again.
- Feel proud that you've managed this craving this time. Don't get complacent, though. Cravings and mindless eating can come from no where and surprise you when you're not paying attention.
- Know that you can manage cravings, and once you build resilience muscles, it gets easier and easier, especially as you begin to see results of your eating plan.

Body: Action Steps

- Swap out your trigger foods or the ones that you go to when you're stressed or emotional, or just bored. Put away everything that's around and remove temptation. Do your choices basically have no more than 5 grams of sugar and more than 2 grams of fiber per serving?
- Brush your teeth, go for a walk, call a friend, tell yourself that you can have the food, but you're going to try and wait, so it's "not just not this second." What happened when you postponed as opposed to just leaving the space with the food?
- Practice slowing down in your life. We're all so rushed and multi-tasking, so that it's hard to just pay attention to one thing. Do that with food. Just that one thing.
- What does it feel like to eat more slowly, really tasting your food, and stopping the "grab and go" mentality?
- Plan your eating with the tools that have been provided in the notes and handouts so that you know what you are going to eat next and when. Three meals and two small snacks can be planned out in advance on your Personalized Fuel Mix. Knowing that in advance can be reassuring and make it easier to just wait a bit. Rinse and repeat those foods in different combinations for the next week. Planning is the key. How will you plan your meals better now that you know your patterns, possible pitfalls, and what actually works in your life?
- Are you thirsty? Thirst and dehydration can be disguised as cravings for food.
- How much are you drinking?
- Could this be a good time to start a food-based detox? If you're ready, let me know, and we'll do it together.