



The WCC survival guide for enjoying the holidays mindfully and guilt-free!



The holidays are notoriously known for adding unwanted pounds and inches. Whether extra calories are coming from holiday parties, candy bowls at work, time spent eating festive meals with family, added stress and traveling, or less time spent being active – this can be a challenging time for all. Below you'll find some questions to think about and some of the Weight Control Center's top tips to handle holidays and special events this season. Remember, the objective is to be able to enjoy this celebratory time of the year and feel your best. This doesn't mean you need to forgo your favorite, nostalgic dishes; it simply requires planning and thinking ahead to find the right balance.

- 1. Pretend it is ten years from now and you are thinking about how you spent holidays during those years.** What are your most special memories? How does eating play a role in these memories?
- 2. Plan pleasures other than food or drink.** Plan the type of holiday that *you* want.
- 3. Hold a meeting with friends or family ahead of time.**
 - How will you handle food at home and/or dining out?
 - Ask others not to bother you about your eating. Tell friends and family what kind of support you need and how they can help.
- 4. Have reasonable expectations.**
 - Keep track of your eating, activity, and weight *without judgment*.
 - Plan to *maintain* your weight instead of focusing on weight loss.
 - Let go a little. Eat something you *truly* enjoy in a moderate portion.
- 5. If holiday time is stressful for you,** plan time to relax daily, plan some alone time, and plan for pleasures *after* the holidays.
- 6. Make a plan if you intend to drink alcohol during the holidays.**
 - Alcohol can decrease self-control and lead to increased food consumption.
 - Be aware of alcohol portions (try alternating with water or seltzer), the calories in sugary drinks, and the effect on your blood sugar if you have diabetes.
- 7. Prepare for friends or family you may not have seen for a while.**
 - Is anyone a “food pusher?” If so, how will you handle this?
 - Remember to surround yourself with positive people.
- 8. And finally, enjoy and mindfully indulge, without judgment or guilt.** Take pauses as necessary. Eat slowly without distractions. Be present. Enjoy others' company. And remember that setbacks are a normal part of the weight-management process. Every meal is a new meal and every day is a new day.



Best wishes,
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