Know Your Festive Season Eating Triggers to Avoid Christmas Weight Gain

What are your eating triggers at Christmas time?

- ☐ Food everywhere
- ☐ Family and friends want you to eat
- ☐ Alcohol
- ☐ Loss of routine - work, school, volunteering, groups, exercise classes
- ☐ You want to celebrate with the festive spirit and food
- ☐ You want to reward yourself and relax
- ☐ Stress of travel and limited food choices
- ☐ Stress of family gatherings can trigger stress eating
- ☐ Less sleep makes you tired, move less and reach for high energy foods
- ☐ It's not just one day - It's Dec 1 to Jan 26

Your Festive Season Plan

What does your plan need to include?

Choose one trigger, mindset and driver for eating.

The most important trigger for me to work on is _____

The mindset I must change, so I can enjoy healthier food and my natural healthy weight, is _____

The driver for eating that is central to my success is _____

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What else will help you enjoy Christmas without worrying about your health and weight?

Get Started with a Free Personalised Mindful Eating Tip

I understand that putting a plan together in this way might be a totally new experience for you.

That's why my Christmas gift to you is a free Mindful Eating Discovery Call.

In our 15-minute call, we will discuss the barriers you are experiencing and if I can help you, I will get you started with a personalised tip.

This call is free (but valued at $65).

» BOOK NOW

https://eatingforyou.com.au/free-call

or scan the QR Code

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