



Mindset Change

Change your mindset

- When you overeat or snack is it because you're hungry, bored, lonely, upset, or out of habit?
- Is snacking done consciously or unconsciously?

Keep a food diary

- Acknowledge what you are eating
- Good reality check

Be ready to change

- Are you willing and ready to make changes to the type and amount of food you eat?
- What are your triggers for bad eating habits?
 - Are there emotional triggers or other stressors that need to be addressed?

Find a positive mantra

- A phrase that will help you feel more positive when in a challenging situation

Set aside time to deal with stress

- Externalize your worries, write them down, allow yourself time to deal with them

Eat mindfully

- Savor the taste and flavor rather than focusing on the quantity

Stop and think before you eat

- If you only enjoy the food for a few minutes and then feel bloated and have an upset stomach the rest of the day – ask yourself, is it worth it?

Be patient

- Weight loss can be slow and challenging to maintain
- Be consistent and persistent, look to the long term

Think small changes

- It's all the small changes that can add up