

Back on track...Weight Loss In Action

Using a Brain Health approach to get back on track again

Let get real, for many it can be a huge challenge getting back on track with your health and wellbeing goals after holidays, or times when you have been emotional eating.

- Emotions such as guilt and disappointment can arise, increasing cravings and anxiety.
- An increase in sugar and processed foods can put your gut baddies on a bender, increasing cravings and anxiety.
- Food hangovers appear after your blood sugars have been on a rollercoaster, making you feel hungry alongside increasing cravings and anxiety.

“ Get some helpful thinking

Did you know: every cell in your body is influenced by your thinking. Below is a helpful exercise to do daily.

1. **In the past I used to....** *eat toast after dinner, feel unsatisfied.*
2. **And now I'm...** *slowing things down, practising noticing the good in the moment.*
3. **Because I want to...** *wake up in the morning with energy and feel satisfied with life.*

Hot tips from the group

Below are hot tips and strategies gathered from group members to help get back on track.

- **So what now what.** Take a forward thinking approach. You can't change the past. Criticism and judgement fuels cravings. Kindness, acceptance and compassion practices helps settle and soothe, making it easier to get back on track.
- **Know your why.** Review your reasons for wanting to improve your health. Examples could include better sleep, nicer clothes, exercise goals, improved mood, more energy etc. Before you go to eat something check “does it fit” with your goals and values?
- **Front up, keep accountable.** Weight loss support groups or accountability buddies have 40% more chance of success than trying to do it alone. We encourage each other to keep turning up, even during tough times.
- **Choose one habit.** To help move out of overwhelm commit to one brain healthy habit over the next week. Examples could include drinking water, stop eating after dinner, low glycemic index foods, adding gut healthy foods each meal, intermittent fasting, exercise etc. Take the time to acknowledge each time you do this habit as this will help rebuild confidence.
- **Make sleep a priority.** Better sleep = better awake. Brainstorm ideas to ensure you are getting a good quality sleep each night. Start with going to bed and getting at a consistent time.



**Weight Loss in Action
Weekly Support Group**

Mondays 5.15 – 6.15pm

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