

How To Stay Healthy This Holiday Season



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Embrace Mindful Eating

The holiday season brings with it a myriad of culinary delights, from grandma's famous cookies to the beautifully roasted turkey sitting at the dinner table. It's a time for indulgence, connection, and celebration. But how do you enjoy all these mouth-watering treats without overindulging? The answer lies in the practice of mindful eating. In this chapter, we'll explore how to embrace mindful eating, making healthier food choices while still savoring the joy of the holidays.

First, let's understand what mindful eating really means. Mindful eating is the practice of paying full attention to the experience of eating and drinking, both inside and outside the body. It's about being conscious of the colors, smells, textures, and flavors of your food, as well as your body's hunger and fullness cues. When done correctly, mindful eating can elevate your dining experience and help you avoid the common pitfalls of holiday overindulgence.

Start by giving yourself permission to enjoy your favorite holiday foods. When you label certain foods as 'bad' or 'not allowed,' it often leads to feelings of guilt or restriction, which can result in overindulgence later on. Instead, approach every dish with curiosity and gratitude. Take a moment to appreciate the effort that went into preparing it and the joy it will bring you.

One of the most effective ways to practice mindful eating is to slow down. The holiday season can be a whirlwind of activities, but mealtime should be a time to pause and savor. Eat slowly and take smaller bites. Chew your food thoroughly and take the time to really taste every flavor and texture. Put down your fork between bites and engage in conversation with those around you. This not only helps you enjoy your food more but also gives your brain time to register fullness, preventing overeating.

Another crucial aspect of mindful eating is listening to your body's hunger and fullness signals. Before you fill your plate, take a moment to assess how hungry you really are. Are you eating out of hunger, habit, or emotion? Start with smaller portions and if you're still genuinely hungry, you can always go back for more. Pay attention to how your body feels as you eat. Stop eating when you're comfortably full, not when you're stuffed. It's perfectly okay to leave food on your plate if your body is telling you that you're done.