



SELF
CARE

10 Tips for Keeping Weight Off

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These are changes to aim for on the inside because if you want to permanently change what you DO, you have to change your WHO. By working on who you are, you naturally begin to do things differently.

1. Want a better life for yourself enough to commit to not using food for emotional reasons. This will bring a lot of things to the surface, but getting support, staying committed to a plan, and seeing good results will encourage you to stay the course.
2. When you find yourself acting solely to please someone else, catch yourself and realize you don't have to be that person anymore. You can choose to comply or not. Think about your options and negotiate a decision that you feel satisfied with.
3. To those people who treat you badly because of your size, find your voice. "That's judgmental." "Stop pressuring me." "Don't treat me like that." (I'm sure you'll think of something better.) When you don't stand up for yourself, you're asking people to not treat you better.
4. When you are tempted to emotionally eat, deal with the uncomfortable emotions. First, just notice and identify them by name. Give yourself permission to feel your feelings. It's normal to feel frustrated, or angry, or jealous so don't think of emotions as negative or positive. They're just the warning lights on your dashboard to indicate it's time to check under the hood. If something isn't right, reach out for help to get it fixed.
5. Lead with curiosity not condemnation. Get to know yourself. When emotions come up, just be curious, "I wonder why I feel this way?" "Is how I'm seeing it the way it really is, or have my feelings distorted the truth?" "Is there something I can change so I don't have to feel this way any more?" "Is there another explanation that's possible?"
6. Become more active in physical activities and let your body's natural endorphins give you those good feelings.
7. When you notice yourself feeling fearful of regaining the weight you've lost, change your self-talk. Practice doing it until you're good at saying and believing, "I'm getting back in the game." "I'm making healthier choices."



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Don't abandon yourself when you aren't perfect.

8. Work on resolving the issues that kept you stuck and do it in a way that is authentic to your true self. Get to know what you have a passion for. Find a higher purpose. Become part of a bigger cause than yourself. Don't think you can't pursue a good life just because of your size.
9. Make friends with people who love you for who you are, and who also enjoy living a healthy lifestyle.
10. Take time to reflect and feel good about yourself and the life you've created. When you've worked hard to change, enjoy reaping the rewards. The more you enjoy being healthy, the more you'll value it. Soon your old way of life just won't appeal any more.



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