

## Essential Methods to Regain Control in Life and in Eating Practices

### In Life

1. **Smile or laugh.** Even if it does not feel real... it creates a vibe of living into that. Have you ever “fake laughed” and before you know it, you start laughing just because it seriously feels so weird, haha!
2. **Change your posture.** Push your shoulders back and straighten your posture. In yoga there are poses to bring you into body awareness of confidence and strength. When we position ourselves with authority, authority within takes over.
3. **Calm the nervous system.** Literally talk to yourself and bring that heightened state down a bit by saying “ALL IS WELL”. We can slow our breathing down. We can rest and relax right NOW.
4. **Re-define what perfect is.** We talked about this prior. By redefining what perfection is – we can live by new standards and awareness. We are no longer comparing ourselves to an UN-truth or a delusion about what perfection is. Journaling can be helpful here. What is your new truth? What is your new standard? When we understand that the body is a shell (and that our awareness is peeking through this shell) – we can readjust our relationship with our true self. We understand more about our consciousness and where that comes from.
5. **Let go of struggle.** The falsity that we must always struggle causes us undue pain and anxiety. In reality... there is no need to have to struggle with anything. We place this undue burden upon ourselves. It may just be programming of what society tells us is right or wrong.
6. **Know more of yourself.** By simply intending to know more of yourself – your focus changes. This literally immediately puts you in a new set-point. Your energy will sour! When we trust that our intention to create is enough, that moving forward we are ok, and that all will be fine... we trust in the process of life.



## In Eating Practices

**It's all about making choices that you feel good about... to do this...**

1. **Track Progress and Mindful Eating.** Use an app like Baritastic to make choices that you feel good about and track your progress. This teaches you to develop awareness of your eating habits, emotions, hunger, cravings, and physical sensations. It allows you to have normal portions and the right types of food for your body. One 6-wk study in binge eaters found that mindful eating reduced binge episodes from 4 to 1.5 per wk. It also reduced the severity of each binge. (Kristeller, 1999).
2. **Drink Water.** Thirst is often confused with hunger or food cravings. By drinking and then waiting to eat- you can decipher what it is that your body actually wants: food or fluids. Water will sometimes reduce the appetite.
3. **Eat More Protein.** Protein is the building blocks for muscle, but it can also drastically reduce food cravings. Eating protein first – at the beginning of a meal.
4. **Distract Yourself from the Craving.** By taking your mind off the craving you can lessen the likelihood of diving into that whole tub of ice-cream or bag of chips. Go for a walk, chew gum, call a friend, watch a movie, write a poem, or go play with your furry friend.
5. **Plan Your Meals.** Meal planning and prep can keep you in making choices that you feel good about. It moves you from spontaneity and uncertainty to being intentional. This can rid yourself of feeling guilty about choices.
6. **Avoid Getting Extremely Hungry.** When we get really hungry... we just want food NOW. It's hard to make intentional choices because we have an urgent survival need. Keep healthy snacks with you.
7. **Find Ways to Decrease Stress.** It's all about self-care; laugh, find something you enjoy and allows you to let go of worry and anxiety. Distract yourself from the mundane tasks. Sometimes by simply letting go of control, we allow ourselves to be in the flow, which is the only control we truly have!
8. **Get Enough Sleep.** Have you ever noticed that when you get a good night's sleep, everything that was a worry the day before seems lessened? It is because sleep deprivation may disrupt normal appetite hormones, leading to cravings and poor appetite control.
9. **Don't go to Super Market, Parties, or out to Eat Hungry.** Eat a little before you go – it helps with the strong impulses you may have that lead to unwanted choices.



## TAKING STEPS TO REGAIN CONTROL IN LIFE AND IN EATING PRACTICES - HANDOUT

### References:

Kristeller, J., Hallett, C. (1999), An Exploratory Study of a Meditation-based Intervention for Binge Eating Disorder, J Health Psychol., Pub Med., Accessed on the web: <https://www.healthline.com/nutrition/11-ways-to-stop-food-cravings#section11>

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