

# EIGHTH MONTH'S TIPS

AUGUST | 2016

FOOD DECISION MAKING

"LET MEDICINE BE THY FOOD AND LET FOOD BE THY MEDICINE"

-HIPPOCRATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Make a list of 5 activities beside eating that bring you joy. Intentionally doing <b>one of these things today.</b>	<b>2</b> Awaken to a hearty, mindful breakfast. Skipping breakfast causes fatigue, irritability, anxiety.	<b>3</b> Open windows. Go outside. Soak up the sun. Vitamin D from the sun and food boosts serotonin.	<b>4</b> Take one thing off your plate. Don't overschedule today. It's okay to slow down.	<b>5</b> Be mindful of your caffeine consumption today. Notice if it perks you up or prompts sleep issues/anxiety.	<b>6</b> Start and end the day with the words "I am grateful for...(list 5 things). Gratitude=happier life.
<b>7</b> Tap into your right brain. Creative=positive emotion. Draw. Paint. Pinterest. Unleash your inner Picasso.	<b>8</b> Throughout the day, list 3 words that describe your mood. Being clear on how you feel=better mood.	<b>9</b> List 5 foods that make you feel healthy when you eat them. Eat at least one today.	<b>10</b> Boredom leads to emotional eating. Strive to do one new thing to shake up your routine or awaken your senses.	<b>11</b> Certain smells boost mood. Light a lavender, vanilla, or citrus candle or rub on essential oil.	<b>12</b> Don't reward with food! Make a list of 10 non-food rewards (5 min break, fun magazine, movie).	<b>13</b> 20 minute walk= less food and chocolate cravings or mindfully chop veggies to reduce negative mood.
<b>14</b> Go to bed 15-30 minutes earlier. Good sleep helps manage appetite and mood.	<b>15</b> Mindfully use water therapy. Spend 5 minutes in a hot bath or shower to relax the body.	<b>16</b> I want to choose foods that make me feel _____. Fill in the blank. Focus on this word when you choose food.	<b>17</b> Try self-massage activities to relieve stress and 3 deep breaths on the hour.	<b>18</b> Take a mindful moment. Give yourself permission to intentionally do nothing.	<b>19</b> Reduce stress by reducing clutter. Choose one area to declutter today.	<b>20</b> Research indicates people feel less anxious around the color blue. Wear blue or surround yourself with it.
<b>21</b> Smiling and laughing (even fake laughter) boosts mood. Smile, watch a funny video or cartoon.	<b>22</b> Look on the bright side. Positive thinking= better mood. Insert compassionate thoughts.	<b>23</b> Aim to feel just satisfied by food not "full" all day. Repeat "I am content."	<b>24</b> Hangry is angry+hungry. Reducing irritability comes from regulating hunger. Pack several snacks.	<b>25</b> Helping others boosts your mood. Do on nice thing/act of kindness for a friend/coworker.	<b>26</b> Regulating blood sugar helps manage mood. Keep it stable with healthy snacks.	<b>27</b> Flip through old photos. It raises mood by 11% according to research.
<b>28</b> Use forest therapy. Research indicates 15 minutes in a green space boosts mood.	<b>29</b> Refined sugar leads to inflammation and mood swings. Be mindful of your sugar intake today.	<b>30</b> Research indicates 7-8 servings of fruits and vegetables=a better mood the next day.	<b>31</b> Put your feet up for five minutes. Close your eyes. Breathe deep from your belly.	Vent. Journal. Call a friend. Address an issue you have avoided. See what happens.		Research indicates playing with a pet for 15 minutes=releases serotonin and reduces stress hormones.
<b>Alternative ideas:</b> Sing loudly! Singing=happiness and controlled breathing.	Focus on the things you can control. Not the things you can't.	Hug it out! Touch reduces blood pressure and heart rate.	Mindfully let go of all guilt. If you have a misstep, tell yourself, "It's okay. I will move on and focus on now."	Make a health related appointment you need/have been avoiding.	www. EatingMindfully.com	

Doing nothing is better than being busy doing nothing.

-Lao Tzu

[www.eatingmindfully.com](http://www.eatingmindfully.com)



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**“BE MINDFUL EVEN IF YOUR MIND IS FULL.”**  
**- DE LA VEGA**

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FIND TRUE COMFORT FROM WITHIN. WHEN YOU TAKE OUT EMOTIONAL EATING, PUT SOMETHING CALMING AND COMFORTING IN IT'S PLACE. WISHING YOU A RELAXING, MINDFUL DAY. - *Dr. Susan Albers*

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