



One of the main reasons that diets fail is because people approach weight loss the wrong way. Our thoughts can often be our biggest enemy. The good news is that self-destructive thinking can be changed!

# beating mental obstacles to healthy living

## Here are a few tips to beat the mental obstacles:

- Set small, realistic goals instead of big, sweeping ones. If you go into every situation without thinking 'it's all-or-nothing', you're much more likely to moderate what you eat. Start thinking about the hundreds and hundreds of mini-decisions we make in a day (like eating only half of a muffin instead of a whole one or adding a few short, quick walks whenever you can).
- Another mental obstacle is giving up on ourselves. Make a commitment to yourself to create a healthier lifestyle. Write down all the reasons you want the change and put the list somewhere where it can remind you on days when you feel discouraged.
- Be accountable. Whether you have a weight loss buddy, a support group, or a food diary, keeping track of your daily food choices takes only a few minutes, but can double your weight-loss success.

If you develop a healthy way to approach weight loss, both mentally and physically, you will ultimately find success. These small changes above can quickly add up to more kilograms lost and a greater sense of control.

- Acknowledge your successes. People who believe they can succeed with weight loss actually do lose weight more successfully. How do you gain this confidence? Take a moment to pat yourself on the back when you make healthy choices and achieve your short-term goals. Write your successes in your journal.
- Go smaller. Research shows that the bigger the plate, bag, or container of food, the bigger your eyes – and it appears that the eyes have more control over how much you eat than your stomach!
- Get help! A good hypnotherapist or cognitive behaviour therapist can make a huge difference in overcoming negative thought patterns.