



MANAGING FOOD GUILT AROUND THE HOLIDAYS

The holiday season can be stressful to navigate if you struggle with guilt surrounding your food choices.

Some Reminders:

- You are not alone if you have fear surrounding eating during this time of year.** Many people wrestle with worry, self-doubt and low self-worth when eating foods outside of what they consume on a daily basis.
- It is completely valid if these thoughts inhibit your ability to be excited about the holidays.** You are not "bad" or "less than" because you are anxious about putting yourself in these scenarios.
- It is OK if all you can do right now is just "get through it."** Try to enjoy spending time with the people you care about and know that these feelings of discomfort will not last forever.
- One day does not determine your worth,** and you are so much more than any guilt or worry you struggle with. If you are able, try practicing the same kindness and compassion with yourself that you would for others.

Tips for Navigating Difficult Holiday Situations



FOOD DOES NOT HAVE MORAL VALUE

No one food is "good" or "bad" and YOU are not "good" or "bad" for choosing to eat (or not eat) any specific type of food. Food should be viewed as a vehicle to nourishment/satisfaction.



YOUR BODY IS RESILIENT

Your body is good at adapting to change. One day of eating different types of foods will not throw your body completely out of balance. Bloating and discomfort will pass.



TRY TO UNPLUG FOR THE DAY

Social media can be triggering because it circulates posts supporting diet culture/unrealistic standards. Practice self-care by staying off social media and focusing on the ones you love.



COMMENTS ARE MORE ABOUT THEM THAN YOU

Unwanted comments are less about passing judgment and more about personal insecurities. People tend to comment on things that they are struggling with, as a coping mechanism.



IDENTIFY A SUPPORT PERSON

Identify a trusted ally you can lean on to offer encouragement, redirect triggering conversations, distract you from worry or build you a plate of food to avoid triggers and restriction.



REMEMBER THAT GUILT IS TEMPORARY

Uncomfortable feelings surrounding these events will not last forever. If you start to panic about your choices, remind yourself that you will mentally and physically feel normal again very soon.



SET HEALTHY BOUNDARIES

If you start to feel overwhelmed, take a few minutes to re-center yourself by leaving the room to be alone or with your support person. Gather your thoughts and focus on priorities.