

Healing Habits Week 4

Healthy Eating + Moving More:

Lets Get Practical

Healing Habits – Let's Get Moving

Get focused and start small.

How can you hold yourself accountable? Classes / Buddy?

How can you make it Obvious / Attractive / Easy / Satisfying

How can you track your habit

Healing Habits -Lessons I Have Learnt

I'm not going to tell you what to eat because you are probably a much better cook than me.

What I can do is share my journey, the small changes I made to create healthier habits.

And the systems I put in place to automate and make maintaining these habits simple and easy.

Make Healthy Eating a Habit

Healing Habits - Truth

You might need to come to terms with the fact that you might need to start eating a different meal to the rest of your family. You cannot make someone else change if they don't want to, and trying to do so is wasting precious energy which could be focussed on achieving your goals.

People learn by watching those around them, especially children, you will be leading by example. There might be resistance from your family. The changes you make might make family members feel defensive about their habits.

Compromise with your family, rather than giving up or arguing. Don't force it on them. Introduce your meals to them – put it out for them to try and help themselves, with whatever they are having. Eat together Just by prioritising veg you will be helping your family.

Healing Habits - Things to remember

Eating healthily is about creating and then automating small habits which will result in big wins.

Eating healthily doesn't mean depriving yourself but it does mean adjusting your idea of what a treat is.

Simplicity is key.

Things to remember

- Sugar is addictive and creates cravings
- Processed foods are not good for you - fill your kitchen with fresh, wholegrain options
- Seasonal and local mean that it will be better for your gut health

Healing Habits - Mindset + Healthy Eating

There can be a lot of emotion ties up with our eating habits.

Take an honest look at your current habits and notice where there may be emotional benefits from what you are consuming.

Comfort / Relief from boredom / pain / sadness.

Do you have too much time, or not enough time?

Automating will give you more time, what will you do with it?

Remember: Cue - Craving - Reaction - Reward

Healing Habits

Preparing and cooking your own meals becomes an act of self-care.

Meals don't need to take up so much headspace – what to eat, how to make it, the shopping – when we overcomplicate it, it becomes hard.

What do you like that is healthy?

Fill your shopping list with that.

Formulate a meal plan

Batch cook

Create habits for your meals and shopping.

You don't need to re-invent the wheel over and over unless cooking is a joy for you.

What I do is....

Base your meals around the veg.

Add in a carb : rice, pasta, cous cous, quinoa, bread

and a protein: pulses, hummus, chickpeas, fish, cheese

This is not a diet. It is about embedding healthy habits and automating them. Get organised. Sort out your cupboards. Get rid of anything that is unhealthy and no longer serves the habits you want to create. As you put it in the bin remember you are doing yourself, and your family a favour.

Healing Habits

For flavour always have in the cupboard: herbs, spices, seeds, extra virgin olive oil, and something lighter for cooking, AC vinegar, coconut oil, sea salt and pepper, soy sauce, lemons.

Organise an online shop Include what you need for you and for your family.

Remember that you are not doing them any favours by getting sweet , processed food for them.

Then go and do something you love.

Habits are often unconscious.

Make it hard to continue with the unhealthy habits by removing the temptation.

Tackle 1 area at a time and automate the habit.

What small change can you make easily right now?

Healing Habits - Ideas

Eating Well.

Movement.

Meditation.

Mindset.

Sleep + Relaxation

