



Holiday Eating

*Enjoy food during the holidays without guilt,
shame, or anxiety.*

Commit to not restricting food before or after the holidays.

Give yourself permission to enjoy your favorite foods.

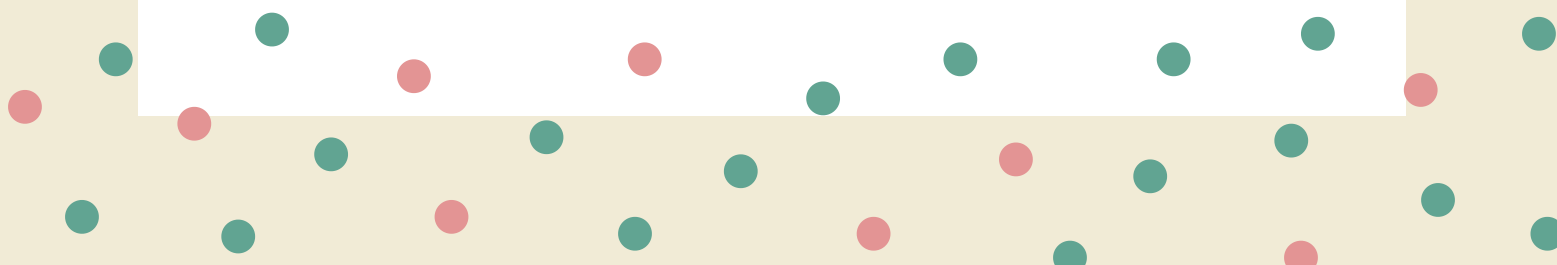
Listen to what your body is telling you.

Identify anchor habits to maintain some normalcy.

If you want some, try some. If you love it, savor it.

Brainstorm non-food ways to cope with emotions.

Practice self-compassion.





@ events

Plan ahead
Socialize away from food
Browse before taking
Learn to say "no"
Think before you drink



@ home

Maintain routines
Control your environment
Plan easy meals & snacks
Give food an escape plan
Plan food-free activities



Holiday Eating Bill of Rights

You have the right to savor your meal, without cajoling or judgment, and without discussion of calories eaten or the amount of exercise needed to burn off said calories.

You have the right to enjoy second servings without apology.

You have the right to honor your fullness, even if that means saying "no thank you" to dessert or a second helping of food.

It is not your responsibility to make someone happy by overeating, even if it took hours to prepare a specialty holiday dish.

You have the right to say, "No thank you," without explanation, when offered more food.

You have the right to stick to your original answer of "no," even if you are asked multiple times. Just calmly and politely repeat "No, thank you, really."

You have the right to eat pumpkin pie for breakfast.

from intuitiveeating.org