

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

HOW WELL DO YOU KNOW YOURSELF?

1	Self awareness is the practice of fully understanding your own beliefs and the way you react to situations.
2	Self awareness is the process of unpacking why you react in the way you do to different situations.
3	If we become more self-aware we can start to understand our relationship and behaviours around food.
4	When we understand our behaviours and beliefs we can reframe our thinking to make it more in line with what we truly want to achieve or be.
5	When we reframe our thinking, we can develop new coping strategies to help us deal with our triggers

Your choice, your response!

Take some time to really think about what your beliefs are about how you should live your life. Is the way you react to certain situations conducive to your inner beliefs? Do your reactions ultimately make you happy or sad?

When do you comfort eat? When do you mindlessly pick at foods?

When do you eat recklessly?

Why do you do these things? What is root cause? Is this something you can work on?

Being honest about these things is the first step in being accountable and a significant weapon in our armour in the battle with the scales. If you continually lie to yourself or ignore your bad behaviours, you are only cheating yourself out of your future success.

What could your strategies be to cope with the triggers? What could you change?

Create an interruption to the routine/habit

Remove the trigger

Substitute the bad response with a good response

Gather support from friends and family

Surround yourself with like minded people

Recognise negative self-talk and add a '**but**'... 'I always give up, **BUT** I'm not giving in today!'