



Kate Daigle Counseling

Nourishing Wisdom for
Eating Disorder Recovery

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How to Not Go Crazy When Your Co-Workers Bring in Holiday Treats AGAIN!

5 Ways to Navigate Eating During the Holidays Without Feeling Out of Control

- 1.) Forget your New Year's resolution.** The #1 New Year's resolution is to lose weight. This triggers big helpings of self-sabotage with food from Halloween to New Year's Day. Going into the holidays with a plan to lose weight in the New Year raises the risk of "the last supper" mentality around eating until then. All or nothing thinking might cause you to binge eat on coffee cake that your co-worker made at home instead of have just a bit because you "won't be able to have it after January 1". Try to come up with New Year's resolutions that are not about weight but are about health of your mind as well as of your body.
- 2.) Take a bite of that decadent chocolate cake in the break room.** Ask yourself: do you like it? How does your body respond to it? When we allow ourselves *some* of everything that we enjoy, then we don't feel deprived. Allowing yourself to try whatever you want to will prevent getting stuck in the all/nothing cycle (that diets feed off of) and increase your chances of truly enjoying what you're eating, listening to your body and finding more balance.
- 3.) Make sure you eat breakfast.** Coming to work hungry sets you up to eat mindlessly and more than your body really needs. When you have a fulfilling breakfast, your brain gets enough healthy fats to focus on what it needs to, allowing you to try what you want in the break room without feeling desperate for nourishment and perhaps overeating on empty calories. This is also true for the end-of-the-year potluck. Don't go in starving and have a game plan.
- 4.) Bake your own treat to bring into the office.** Create something at home that you would like to share with your co-workers that is delicious and satisfying. When you are a part of the process of creating and serving food, you can establish a new relationship with it – based on love, not fear.
- 5.) Set boundaries.** If you truly desire to stay out of the break-room because you worry about overeating on food you don't actually want to eat, then be clear about your intentions with your co-workers (and yourself). You don't have to explain why or go into elaborate detail. Bring your own lunch and stay clear of temptations. If others have a problem with it, stand firm with your boundaries. It's more likely their problem than yours at that point.

This information is provided as an educational resource only, if you need more in-depth and personalized support please consult a Licensed Mental Health Professional.

Kate Daigle, MA, LPC is passionate about helping professional women and other high achievers overcome self-sabotage and unrealistic expectations. She helps her clients to heal their relationships with food, their bodies, and themselves so they can live a life that really matters to them and be free of destructive behaviors. Read more articles about self-care in the workplace and during the holidays at www.katedaiglecounseling.com/blog.

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