

NEWeighs Fact Sheet

FOCUSING ON FOODS, MOODS, AND ATTITUDES

	FOODS	MOODS	ATTITUDES
F	<p>FAT/FIBER</p> <p>Forget calories! Have faith.</p>	<p>FAVORITE</p> <p>Need to include favorites and treats to succeed. “Treats vs cheats” - a barometer to measure if goals are attainable.</p>	<p>FAITH</p> <p>I can do this! I am designing a food and fitness plan that I like and can live with. I do not deny foods or feelings.</p>
O	<p>ORGANIZATION</p> <p>Boundaries – enmeshment vs. disengagement. Eating Out. Celebrations.</p> <p>Home for the Holidays! Go directly to child, do not pass go, do not collect \$200.</p>	<p>ORGANIZE FOODS TO MEET CHANGING MOODS</p> <p>Get to know your patterns</p> <p>Moods change. Match your daily mood patterns and energy levels with food in take. Try to minimize major mood and energy swings.</p>	<p>ORGANIZE AHEAD</p> <p>5 P's – proper planning prevents poor performance.</p> <p>Over-planning and over-organizing may lead to disappointment</p> <p>Tell-your-vision</p>
C	<p>CHOICE</p> <p>With choice comes responsibility.</p> <p>You are responsible for your actions, behaviors, and beliefs.</p> <p>To change behavior look to your beliefs.</p>	<p>CHANGE</p> <p>Small change, big dividends</p> <p>Communicate</p> <p>Identify and communicate needs and beliefs.</p> <p>Commit</p> <p>Challenge fears</p>	<p>CHARGE</p> <p>Who's ready for what tasks?</p> <p>Child/Parent/Adult</p> <p>Amplify Adult</p> <p>You can do it.</p> <p>Courage</p>
U	<p>UNDERSTANDING</p> <p>What type of eater are you?</p> <p>Guess who's coming to dinner, your Child/Parent/Adult?</p> <p>Who's in charge when you're eating? Dieting? Bingeing?</p>	<p>UNDERSTANDING WHO'S IN CHARGE</p> <p>Get the whole family involved.</p> <p>Don't send a child (or parent) on an adult's mission.</p>	<p>I UNDERSTAND</p> <p>I am capable of figuring many things out.</p> <p>I'm O.K.</p> <p>I have faith I can accomplish what I set out to do.</p>
S	<p>SHIFTING VS. CHANGE</p> <p>Shift beliefs to change behavior.</p>	<p>SUPPORT/SHARING SPIRITUAL</p> <p>Meaning to life</p> <p>Faith/Courage</p>	<p>SEEK SUPPORT/ SCREEN SABOTEURS</p> <p>Know when to hold it, know when to fold it, know when to ask for help.</p>