

Developing a Healthy Body Image

Here are some guidelines that can help you work toward a positive body image:

1. Listen to your body. Eat when you are hungry.
2. Expect normal weekly and monthly changes in weight and shape
3. Work towards self acceptance and self forgiveness-- be gentle with yourself.
4. Ask for support and encouragement from friends and family when life is stressful.
5. Decide how you wish to spend your energy -- pursuing the "perfect body image" or enjoying family, friends, school and, most importantly, life.

Reminder:

We will be closed Thursday and Friday
November 22 and 23. All participants
please ask your group leader about group
closings on Saturday 24.

Thank you

"I am the only one,
But still I am the one.
I cannot be everything.
But still I can do something;
And because I cannot do everything
I will not refuse to do the something
that I can do."

-Edward Everett Hale

Kitchen Pantry

10 Reasons to Clean Your Plate During the Holidays



1. **Go nuts.** Almonds are a rich source of heart healthy monosaturated fats, riboflavin, magnesium, fiber and vitamin E. Walnuts are a store house of alpha-lanoline acid (a good fat).
 2. **Talk Turkey.** Got protein? 3 oz of lean white or dark meat contains 26 grams of it. Turkey's also a good source of the vitamin Niacin, B-6, & B-12. It also has more tryptophan than any other protein. This helps produce the "feel good" neurotransmitter-serotonin.
 3. **Scoop up oyster stuffing.** An ounce of shellfish (about 4 cooked oysters) contains a whopping 400% of your daily allowances for vitamins B-12 and Zinc, in addition to 23% of the Iron you need each day.
 4. **Drink to your health.** Red wine is especially rich in a trio of antioxidants, all of which benefit your heart and cholesterol.
 5. **Crantastic.** A half-cup of berries provides 1¼ grams of fiber and help prevent urinary tract infections. Choose whole cranberry sauce instead of jellied.
 6. **Green bean casserole deconstructed.** Beans have two grams of fiber per half cup, along with folic acid and vitamin C. Tip: steam or microwave beans to retain more vitamins.
 7. **Sweet on potatoes.** Even below a cloud of marshmallows and brown sugar, a medium-sized tuber delivers 3.5 grams of fiber, 300 % of the daily allowance for vitamin A, and 40 % of that for vitamin C.
 8. **Power sprouts.** You get 3.5 grams of fiber in a half cup of Brussels sprouts and 64% of you daily allowances of vitamin C. These "little cabbages" also reduce the risk of cancer and heart disease.
 9. **Don't skip desserts.** A slice of pumpkin pie provides half your daily requirement of vitamin A and 3-5 grams of fiber. A slice of pecan pie delivers heart healthy fat, 3 grams of fiber, and 20% of your day's selenium.
 10. **Dip shrimp.** 3 oz of shellfish (9-10 cooked shrimp) provides less trans fat, and 12 grams of protein.
- Enjoy the cocktail sauce to get a healthy dose of lycopene.

Reasons to Use a Journal



- ◆ Journaling helps you work through challenges and opportunities without the fear of social consequences. You can journal about things that you don't want to discuss with friends or family.
- ◆ Journaling nurtures thought and taps into your unconscious mind. Ultimately, this connection can reduce stress and keep you focused on what's important in your life.
- ◆ Journaling helps you solve problems. Write down a problem and your related feelings and emotions, and then brainstorm for possible solutions.
- ◆ Journaling is a great way to be creative. A blank page is a safe place to experiment with ideas that on the surface would seem far outside the realm of possibility.
- ◆ Journaling is an investment in yourself. It does not require any skill or talents — just willingness to write when you feel like it. You benefit from the self-expression and increased awareness of your thoughts and feelings.

www.goalsguy.com/knowledge/t_17_journal.html

Holiday Survival Tips Have a binge-free holiday

The holiday season is a wonderful time of the year. It is also a very stressful time, especially for those who struggle with food. But you do not have to struggle with food if you follow a few basic principles:

- ◆ Reclaim and reframe the meaning of holidays. For example, thanksgiving is about appreciation, celebrating life's blessings. Turkey day is about bingeing.
- ◆ Put the **thanks** back in your thanksgiving. The purpose of a ritual is to symbolically share an important event or relationship. But when the meaning of a ritual is forgotten it becomes an empty or hollow act. In fact, feasting is one of the many thanking rituals. Other cultures use dancing, prayer, or fasting to give thanks and honor and blessings.
- ◆ A few years ago I was ill on Thanksgiving Day and could not eat or be around others. I spent the day reflecting and journaling about the aspects of my life for which I was grateful. I called loved ones and told them I appreciate them and toasted from afar loved ones I could not call. It was one of the richest and most meaningful Thanksgiving Days I remember.

-Rick Kilmer Co-director at ACE

*"Your life is controlled by your thoughts;
your thoughts are controlled by your
goals." Earl Nightingale*

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