

## Surviving The Holiday Temptations to Overeat

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You can do it. Take it one day at a time. Small portions, eat slowly, get up often and move around. You can have more later if you want to. No need to deny yourself the pleasure of family and food during the holidays. Where possible try to have foods prepared for you using the least harmful methods such as skim milk instead of cream, spray butter instead of cream sauces and remove the skin on the turkey. You really don't need the desert, but if you must have it try for the least harmful and keep the portions small. The key here is moderation not deprivation. Remember if you do good today you have a good chance that you will do good again tomorrow. I sometimes have anxiety attacks when confronted with all the food around the holidays. I try to keep myself busy with conversation, going for a walk or going outside to play with the kids. With me there is a fear factor, which I've learned to respect. I take it seriously and I know that this time of year has sent me off course in the past and I am determined to not let it happen this year. I hope that if you suffer from the same overeating disorders as I do that you are as determined as I am.

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