

HEALTHY CHOICES

How to Make them a Habit



How to make healthy choices a habit

If you've been striving to kick-start a healthier lifestyle, you've probably tried any number of things. Cutting back on caffeine and alcohol is a popular choice, as is stocking up on green and purple food. Maybe you've been denying yourself cake and snacks. Perhaps you've been juicing, calorie counting, even weighing out your portion sizes or subjecting yourself to a punishing exercise regime. Does any of this sound familiar?

Every morning starts out as a 'good day', doesn't it? It's like you've wiped the slate clean, forgiven yourself yesterday's 'sins' and you're starting anew with willpower aplenty. Come evening, you've fallen back into your old ways; whether that's emotional eating, overindulging or mindlessly reaching for the biscuit tin. I know I'm not the only one who can relate to this soul-destroying cycle of motivation and deprivation that's closely followed by guilt.

But here's the thing. They say it takes 21 days to change a habit but in reality, it's far more complicated than that.

If you want different results, you have to try different approaches. To steer yourself away from a habit you've ingrained over the course of your life requires you to train your brain to think differently. It's the first step towards breaking a pattern that no longer serves you – it's the secret to a healthy and mindful relationship with food.

Remember:

- It's biology, not willpower (or calorie counting) that will make the difference.
- Focus on your lifestyle, enjoy time with your family and friends, listen to your body and care for yourself.
- Mindful eating creates space between your triggers and your actions - giving you time to choose how you'll respond.

To work *with* your body and make wise lifestyle choices visit: www.nutritioninthemind.com

Elena Rayner-Melnikova is Public Health Nutritionist in the U.K. with a passion for psychology and neuroscience. Nutrition in the Mind is where she blends evidence from these fields with her mission to help yo-yo dieters find lasting change. By bringing awareness to *why* we eat and how the brain works, Elena's work in the world inspires time-starved mums to keep off the pounds and find more energy – without dieting, guilt or depriving themselves.

*The information provided is not a substitute for medical care. If you have, or suspect you have, a health problem, you should always consult with a licensed healthcare professional.