

5 SIMPLE STRATEGIES TO AVOID OVEREATING

in social situations

THE "STOP" TECHNIQUE

Remember, it's YOUR choice, and *you're in control!* Stop and ask yourself "Do I really want to eat this?" If you do, have a small serving and enjoy it without feeling guilty.

POLITE REFUSAL

It's okay to say no in social situations, and you won't hurt anyone's feelings if you do it assertively and respectfully.

EAT BEFORE YOU GO OUT

Eat normally during the day of an event, so you won't be starving and over eat party food. Have a dessert or appetiser, and enjoy the occasion.

BE PREPARED

Always carry healthy snacks in your bag, so that you have choices, and don't have to rely on buying something you wouldn't normally choose to eat.

DON'T DWELL ON SLIP-UPS

You're human, and things won't always go perfectly to plan. It's not the end of the world! Stop, regroup, learn, and plan for next time.