

Eat, Drink & Be Merry This Holiday Season - Class 1 "Homework"

This is for you and for your growth. You do NOT have to turn it in. In fact, you don't even have to do it...BUT you will get more out of the class if you do.

1) Answer these questions:

- o What is the first word (thought) that comes to your mind when you think of or hear "the Holidays"
- o What stresses are you experiencing this holiday season
- o Do your eating habits possibly reflect a need to have some sort of control?
- o What is your first thought if you were to envision yourself walking into a party and see this nice long buffet table laden with decadent food.

2) Check in on the Facebook page and tell us about your stressors or what you do to combat the stressors

3) Bump up your breakfast eating time if it's 5 min up it to 10 etc

4) Give yourself at least 30 min for lunch and dinner - hopefully to an hour

5) Rearrange your home and works schedules as best you can to provide yourself with more time

6) Enroll your family and coworkers and boss in creating more time and relaxation with meals. Find a slow-down buddy

7) Eat only in the sitting position. Choose not to answer the phone, pager, emails or to do any work. Stop watching TV or even reading

8) Journal about the following:

A - In your relationship with food, where do you feel frustrated or confused?

B - How is your relationship with food a mirror of your relationship with life?

C - What would your ideal relationship with your food and your body look like?

D - What do you think is your biggest obstacle to consistent happiness in your relationship with eating and with your body?

9) Write your "Food, Body & Health" autobiography. Make it detailed and as extensive as you can. What are your earliest memories and the most important memories over the years - of your experiences with dieting, weight, health, body image, illness and your relationship with food. Include hard times, happy times, breakthrough times, challenging times and any experiences that contributed to shaping your relationship with food, body and health.

After you've done your autobiography, how did you feel? Did you learn anything from it? Did any thoughts or emotions pop up? Did you have any insights or any connections you had not previously made?