

A Holiday Guide for
Christmas
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13 Tips to Help You Drink Less, Feast More, and
Truly Savor the Season

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- Start Proud! Celebrate that you're making a conscious choice to attend an event mindfully and take great care of your body! Breaking from the norm is empowering and something to be proud of.
- Ask what the possibilities are? Use the event as a chance to explore and learn. Savor holiday foods that have single ingredients (ie meat, veggies, potatoes), make new appetizers to bring, or engage in conversations about festive recipes and great memories. The holiday season is more than food or alcohol... it's about experiencing and enjoying.
- KISS – keep it simple! Commit to non-alcoholic options paired with delicious foods. Make a firm decision to eat off a smaller plate or skip seconds. Think sparkling water with a splash of cranberry, an NA beer or even dealcoholized wine.
- Go in with a plan! Will there be mocktails or fun drink options available? Are there appetizers that you would enjoy? If not, bring your favorite non-alcoholic beverage and a homemade dip or platter that brings you joy. Keep your responses upbeat if asked why you're not drinking or eating certain foods.
- FUEL UP before you go! Stay hydrated and snack on healthy fats and proteins to maintain steady blood sugar levels. Consider guacamole with veggie sticks or a handful of nuts before heading out.
- SHARE a dish you love! Share your holiday spirit by bringing a special dish or non-alcoholic punch. This ensures there's something festive for you to enjoy. (tip – bring the recipe as well)

- Visualize! Spend 3 minutes/day picturing yourself enjoying the event with your chosen drink and favorite snacks, feeling engaged and refreshed. Visualize how you'll feel AFTER the event.
- Anticipate a little Discomfort! Understand that initial moments of declining a drink or your usual serving of cheesy potatoes (these are still my favorite... even though I happily pass) may feel awkward, but indulging in tasty bites and staying hydrated can ease the situation.
- Think of it as a Game! Make it fun—trying new dishes or creating food pairings that you haven't before can be fun! Turn it into an opportunity to discover your new favorite holiday treat.
- Ditch the event early! Feel free to leave once you've enjoyed yourself (I know this doesn't always work with family gatherings). Satisfying your appetite with good food and leaving early can help keep cravings at bay.
- Reward Yourself! Treat yourself at home with a cozy snack (think HU chocolate if Paleo... or homemade carrot macaroons if Phase 1 – SEE HOLIDAY cookbook) or a hot drink to wrap up the evening on a high note.
- Debrief! Reflect on the event. How did your mindful choices enhance your experience? Were there any new foods or drinks you enjoyed? Take notes for next time.
- Lastly – no matter what happens, choose to be kind and loving to yourself. Change can be hard and new habits can take time.

You're building healthier habits and enjoying the holiday season in a new way. Cheers to you for making thoughtful, empowered choices!





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