

Problem solving

1. What is the challenge? e.g. craving chocolate

2. What could you do?

Beforehand: e.g. don't buy it, have healthy snacks readily prepared.

During: e.g. if eating chocolate, eat slowly and mindfully and enjoy every mouthful, if not eating it, distract yourself with something else.

Afterwards: e.g. don't beat yourself up, eat healthily the rest of today/tomorrow, balance it out with a lighter meal, and/or go for a walk.