



Plan for Challenges and Setbacks in advance

It is crucial to plan for setbacks and have good coping practices. If you use food as a coping mechanism, start practicing other ways to cope.

This will keep you from getting off track and losing motivation.

Everyday stressors will always pop up. Finding ways to plan for them and developing proper coping skills will help you stay motivated no matter what life throws your way. Many people turn to food for comfort, which can quickly lead to them abandoning their weight loss goals. Creating appropriate coping skills will prevent this from happening to you.

In fact, studies have shown that people who are better at handling stress and have better coping strategies will lose more weight and keep it off longer!

Consider using some of these methods to cope with stress:

- Exercise
- Practice square breathing
- Take a bath
- Go outside and get some fresh air
- Call a friend
- Ask for help

Plan Ahead for Social Events, Holidays and Eating Out

- Research restaurant menus in advance and find a healthy option.
- At parties, bring a healthy dish or eat smaller portions.