



Homemade Method™

Mindset: How to Deal with Setbacks & Get Back on Track!

Overview

If you apply the Homemade Principles in your life, you are **going** to see results - **guaranteed!** However, we know it is not going to be all smooth sailing. There may be times when you feel despondent and disappointed for not meeting your own expectations. You may have a 'bad week' of eating due to holidays, family visiting, illness or stress at work. You may have lost some weight with Homemade and then have put some of that weight back on and be worried that you are slipping back into your old habits. You may even be feeling bleak about your prospects of *ever* achieving and maintaining their ideal weight.

Changing habits and losing weight **the right way** can feel *really hard* sometimes!

This week, you are going to learn how to deal with setbacks and plateaus in your progress - because, let's face it, they are going to happen.

You will be empowered with our 5 key strategies to get you back on track fast when things aren't going so well. We will teach you how to check your expectations, get support from your community, practice mindful acceptance, have a plan of attack and adopt a lifetime practice. Each strategy is discussed in detail below.

1. Check your (Unrealistic) Expectations

Possibly the biggest source of personal disappointment in health & weight loss goals and subsequent self-sabotage is unrealistic expectations.

You know that colleague at work who lost 10 lbs in 2 weeks?
Well, she didn't.... !!

She probably mainly lost water weight and then temporarily lost the rest by severely restricting her calories and starving herself. Is very temporary weight loss considered 'success'? Just watch and see: there is a high probability that she will gain back all of the weight - and then some - in the coming months, as her body lashes back against the restricted calories. This is a physiological fact - and most of us have been there to know it is true.

When it comes to weight loss and health improvement, there really is no quick fix. There is no miracle cure. Ultimately, all of the fad diets, pills, shakes & appetite suppressants fail for the vast majority of people.

In contrast, if you know anyone who has lost a significant amount of weight and kept it off over the long term (ie. more than a year), then ask them how they did it. Over 90% of the time they will tell you they did it the slow, sensible way - by adopting a new healthy eating lifestyle and starting some kind of exercise program.

So, if you want to set yourself up for success in your health & weight loss goals, then check your expectations. A healthy amount of weight loss is no more than 1-2 lbs per week, and you should expect there will be plateaus (where you stop losing weight) and even regressions (where you go backwards) along the way.

If you have been abusing your body for many years with a poor diet, cycles of dieting, deprivation and binge eating, then it's *going* to take some time for your body to re-set itself, achieve equilibrium, start shifting those pounds and improve your blood results. **This doesn't mean it's not working!** Take heart that if you persevere and continue to live the Homemade principles, then **it will happen for you**. And when it happens, it will be for the long term.

Therefore, the goal should never be rapid weight loss, because it is by definition unsustainable. The goal should always be to get healthy, and to find an eating lifestyle that you never want to stop because it is delicious, abundant & easy. That is the promise that the Homemade way offers, because it is not a diet. It is the way that people who truly love food *choose* to eat!

2. Get Support from your Community

It is a fact of human nature that we tend to withdraw within ourselves when things aren't going 'well' or we are feeling 'weak'. You might be happy to share your weight loss and healthy eating successes with your friends, family, colleagues and community, but then shut down when things aren't going so well. Yet this is precisely when we most need support!

We are all human and we will inevitably have down periods - whether it is with our eating, or our personal and professional lives. This is nothing to be ashamed of. Try sharing your challenges with your community and you may be surprised at how supportive, empathetic and helpful they can be, or to even hear them share the exact same challenges, doubts & struggles.

By verbalizing your setbacks it can help you gain perspective and get the support you need to move forward. So learn to trust in your community and lean on them when you need some extra help - be it your family, friends or a trusted advisor or coach. Receiving love, compassion and non-judgment when you are feeling your worst is exactly what you need to get back on track fast.

3. Practice Mindful Acceptance

So you messed up and ate the whole pizza or tub of ice-cream? Are you a terrible person and going to remain overweight forever? No! We say relax, drop the guilt and practice mindful acceptance. You cannot undo the past. And there is honestly nothing more destructive to your eating habits than the pain, shame and guilt you experience after eating 'badly' or failing to meet your own (often unrealistic) expectations.

These emotions do nothing constructive but instead fuel binge eating and cycles of 'unhealthy' eating followed by fad diets (which don't last). How many times have you eaten a cookie (or pizza slice or whatever) and beaten yourself up so badly for it that you suddenly find yourself gorging on them? Then it is often as if 'all bets are off' and the next few hours or days are a blur of one bad food choice after another until you resolve - yet again - to start another diet. Sound familiar? Recognize these and other patterns in your own life and decide now to end the guilt and shame which do not in any way serve your health, not to mention your emotional well-being.

If you fall off the wagon or make bad choices, you are *much* better off completely accepting where you are at, taking stock of how you feel after, and then making the best food choice you can the next time you feel genuinely hungry. This will always get you back on track quicker than feeling guilty and punishing yourself.

4. Have a Plan of Attack

Research on habit change & addictive behaviours has shown an interesting phenomenon: When people undergo treatment for addictive behaviours, it is those who have a very specific plan of attack for when things go wrong who succeed.

Realize there are inevitably going to be times when you go off track (and you might even have a good idea now of *how* and *why* you might go off track), so have a very specific plan of how you will respond when it happens.

For example, if you have a boss who can be very hard on you or you work in an extremely stressful environment, and this sets off snacking in the work lunch room or binge eating when you get home at night, then decide *in advance* what you are going to do differently next time it happens. You might do 3 minutes of deep breathing or drive directly to your friend's house after work, or whatever. It doesn't really matter what you decide as long as it makes sense to you. In one study, the people even wrote down their strategies in advance. Also, if it doesn't work the first time, then 'try try again' or else come up with a different strategy to try next time, but don't give up.

Behavioral change research has also shown that tiny wins, called 'keystone habits' can set you up for success with other changes. Start with small changes that set you up for small wins. Then sustain them. Whenever you notice a triggering event or a craving arising, then insert this new routine. In the beginning it will be hard, but over time it will get easier and easier until the behavior is almost automatic.

What's so cool about the keystone habits is they don't have to have anything to do with your eating, health or weight. It can be something as simple as making your bed or brushing your teeth.

What the researchers found is that when you are being triggered towards an addictive behavior (such as having a sugar craving or experiencing an episode of binge eating), and you perform your 'keystone habits' then the small success can somehow help you get back on track and moving towards your health goals.

One of our members reported that he went very off track on a recent business trip. Then he got back home, brought the ingredients for our Living Roots Salad, ate a big bowl and *Voila!* He was back on track! Making the Living Roots Salad was his keystone habit!

5. A Lifetime Practice

Finally, and perhaps most importantly, have patience. Believe us when we say **there is nothing wrong with you**. Even if you have been overweight, or struggled with your eating for your entire life, you *can* achieve your optimum weight and health by following the Homemade Principles, COOK, EAT, LISTEN™. **However, this is a lifetime practice, not a destination.** By this we mean that you can never achieve a point where you can 'stop', in the same way that you can't stop breathing.

There is no silver bullet when it comes to your health & weight. There will always be temptations. There will always be more delights and calories and large portions available than your body needs. There will always be holidays, vacations, birthdays and a host of other occasions that almost seem designed to sabotage your best efforts at making healthy lifestyle choices. There will always be the media, commercial weight loss companies, processed food retailers, fast food companies and advertisers who will be pushing their products on you and sending conflicting messages about what you should eat.

And guess what? You will never be perfect, and neither will anyone else. You will make mistakes, you will make the wrong choices and your weight will fluctuate somewhat. You may even go through periods when you feel 'out of control' and a familiar panic arises regarding your eating, health or weight. But take heart...

You will always have the Homemade Principles, COOK, EAT, LISTEN to fall back on because they are designed to empower and support you for life. The Homemade Principles free you from the cycles of dieting and deprivation and introduce a new way of eating for Nourishment & Satisfaction. **Over time, you *will* discover a different relationship with your food and you will be surprised at how making the right food choices becomes second nature.** Food will become a source of joy, sharing and nourishment, instead of fear, shame and endless guilt.

The good news is that the longer you practice the Homemade Principles, the shorter and less dramatic your periods of 'falling off the wagon' will be - and the easier it will get to live the 'Homemade way'.

You might overdo it a little (or a lot!) during Thanksgiving break, but then you will find it relatively easy to pass up the candy and eat slightly smaller portions until you feel centered again. Freed from guilt, and driven by your body's intuitive wisdom about what it needs, you will naturally adjust your eating. Eventually, you will reach an equilibrium where your weight always stays within a healthy range and you can control that range with relatively minor adjustments to your eating. Depending on your starting point, it could take years for you to reach this stage. But the wonderful thing is that the journey with Homemade is one of abundant delicious food, colors, flavors, experimentation and delight. So enjoy it! We welcome you to our community and the Homemade Lifestyle, for sustainable weight loss and optimum health- FOR LIFE!