

Keep a healthy relationship with food (and drink)

There's often a stronger focus on food over the holidays, which can bring up feelings of guilt and a lot of body insecurities.

To look after our physical and mental health during the holiday period, it's important to remind ourselves about what a healthy relationship with food and drink looks like.

We can **write this down somewhere** to have on hand when we find difficult thoughts arising.

In general, a healthy relationship involves:

- Seeing food as just food. Not labelling it as good or bad.
- Remembering that food is just one part of a balanced life.
- Eating different foods for different reasons.
- Eating food to celebrate, socialise, and for comfort.
- Eating food to nourish and fuel our bodies.

If you're finding it difficult to remember these things over the holiday period, you can speak to a trusted person or professional (like your GP) to help build a plan and feel supported around your eating.

