



Have You Heard?

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Home Economist

Analyze Your Eating Habits

Do not be fooled by exaggerated advertising. Diets that work and help you keep your weight within limits require patience. It took time to put all that weight on and you should expect to spend some time taking it off.

Analyzing your eating habits should be your first step toward permanent weight loss. Ask yourself "what is my weakness?" For some people, it's second helpings. For others it's desserts, TV snacks or a lack of exercise.

Each of us has to identify our own patterns of excess before we can improve our eating habits. If we don't change our habits, when we diet, the unwanted weight just comes right back.

Once you have acknowledged a problem eating pattern, begin by making small changes that can become automatic after a week or two. For instance, try eating only one serving, or stop eating jams or honey on your breakfast toast. Substitute fresh fruits for gooey pastries and calorie-rich desserts. An alteration is usually better than

cutting out whole parts of your meal.

Once you have made one change and gotten used to it, introduce another, gradually making permanent changes in the way you eat and the way you prepare your menus. Have toast but have it plain and then try having one slice instead of two.

Chart your progress each week. Record your weight loss and post it where you can see it to remind you of your progress. You might also post a record of your calorie intake each day and list the number of minutes you exercise. A visual record comparing one week with another can help you turn diet habits into eating habits for a permanently trimmer, slimmer you.

Attitude Important In Stress Management

Are the stresses of your everyday life getting to you? Do you find yourself thinking that you need to make some real changes in your life in order to lower the stress level?

Actually, a much more realistic

way of dealing with stress is to change your outlook on life. Once you begin to realize that you are contributing to your own tension, the closer you will become to managing your stress.

Learn to think positively. Viewing the world negatively only creates unnecessary tensions which are physically and emotionally tiring. A positive attitude is best for your health and productivity.

Try to recognize and accept your limitations. Many of us set unrealistic goals and then find that we cannot live up to them. We are all different people having unique strong and weak points. If we can

know and accept our strengths as well as our limitations we will become better stress managers.

Learn to be an organized person. This will lead to an outlook of "being in control." You can manage stress better when the daily events of your life are under control and not ruled by circumstances.

Do not forget one extremely important asset for healthy living — a sense of humor. Be able to laugh at yourself occasionally. We all make mistakes and sometimes we tend to take ourselves a little too seriously. You will probably be less likely to fall victim to stress if you can adopt this attitude.



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