

Weight Loss is All in Your Head!

Every New Year, millions of people vow to lose weight, spend more time with their families, or quit smoking. And, every year millions of people don't make it through the month of January with their vows intact. What can we do about it?



Recognize & Replace

Put some resolve in your resolutions by realizing that habits- even bad ones- have meaning. You may be eating to avoid boredom or to relieve stress. You may smoke to avoid the pain of withdrawal from nicotine.

Every habit has a purpose. The first step toward successful resolutions is to identify what the underlying need or purpose is.

Old, unhealthy habits are more easily broken if they are replaced with new, healthful ones. This is what the psychology world refers to as "replacement behaviors." The new habit should address the needs that were (sort of) being met through the old habits.



So, if you are watching a lot of television to relax, you could think of other ways in which you could relax. How about reading a book, listening to soothing music or taking a hot bath?

Learn more at...
www.HealPlayLove.org
or by calling 530-518-1406

Uncovering Hidden Unmet Needs

When you find yourself turning to old habits you really want to break, stop for a moment and ask yourself the following questions:

- Why am I doing this behavior?
- What need am I trying to fulfill?
- When did I first have this need?
- What feelings am I experiencing and why?
- Who or what does this remind me of?
- Is this belief something that I should doubt, question or reevaluate?
- Do I need to hold onto this belief, habit or feeling?
- Will this need, feeling or habit help me achieve my goal/s?
- What one action can I take right now to begin to change this?

Are Your Goals SMART?

Specific
Measurable
Aspiring
Realistic
Time-Sensitive

FCCS provides social, emotional and behavioral health services to children and their families.