

Weight Loss Tips:

- Keep 'treat' foods out of sight – when you can't see them you are less likely to be tempted.
- In any situation where you may be graze on snacks, use the other hand to the one you normally would. Just making this change means you will consume less.
- Consider using a smaller plate to find out how large a role your eyes make in your eating decisions (you may be surprised as to how the same portion looks so much smaller on a larger plate and may encourage you to think you haven't had enough).
- Keep a food diary and honestly record what you eat and drink for 7 days (you can find a template on the Free Resources section of www.elymindcoaching.co.uk).
- Do something different when in the past you would have been bored or snacked (when not hungry). Instead of going to the kitchen, keep busy and do something different, whether it's a hobby, housework or going for a short walk.
- Drink more water – it's impossible to tell the difference between hunger and thirst so have a glass of water and wait for a few minutes to check whether you really are hungry.
- Find time to relax – if you use food as a sticking plaster to try and make you feel a bit better then make sure you find 15-20 minutes a day to relax and unwind.

For more tips and advice, come along for a free initial consultation and find out more about how weight loss hypnotherapy could help you start feeling better soon.