



hunger  
hope &  
healing

## SUGGESTIONS FOR SOCIAL + HOLIDAY GATHERINGS

Some of the most turbulent times in recovery occur during the holidays (a mass cultural phenomena of overindulgence, disregard for seasonal health, and splurging with plans for atonement, aka binge now, diet later.) The holiday season consistently conveys messages to us that are unhelpful, even provocative. It is also common with weddings, family reunions, graduations, and other social events.

[hungerhopeandhealing.com](http://hungerhopeandhealing.com)

## GUIDELINES for Self-Care:



### In advance:

- Identify the foods that are most challenging for you to be around.
- Identify the people that may be most challenging for you to be around.
- Identify what your more challenging times of day are.

### Plan Yoga Interventions

- For several times a day (mindfulness tools, breathing interventions, yoga exercises from the book).

### Here and Now

- In anticipation of the holidays (or other event), for each time your mind starts to wander toward the possible future trigger, bring it back to the here and now. (Do not tire yourself out by letting your anxiety wear you down.)

# GUIDELINES for Self-Care:



## Personal Buoyancy

- Prior to the holiday (or other), plan to be more nurturing toward yourself: drink enough water to hydrate, use a nourishing bedtime routine, don't postpone the need to pee or eat, eat enough protein, limit sugars and alcohol, and resist the frenzy (your own or others).

## Personal Commitment

- Make a plan for what you feel is a safe amount to eat at a holiday (or other) gathering. And then stick to it. Be realistic. (ie. Visualize the scene, and if it includes appetizers, include that in your planning.)

## Personal Buoyancy

- Do not go to any social event with low blood sugar or too hungry.

# GUIDELINES for Self-Care:



## Deep Rest

- Look ahead at your calendar to identify days or events that may produce more anxiety.
  - Mark some healthy bed-times on your calendar, with foresight about how demanding a day will have been or what the next day will require of you.
  - Mark some healthy wake-up times on your calendar, allowing for enough time to have meditation or pranayama before leaving home.
  - Mark out the white space that you will need to maintain your well-being.
  - Mark the days that you want OFF entirely from work or holiday commitments. These are probably days that are already days off from your job, but you may need to protect some of these days in advance as days off from holiday commitments.

# GUIDELINES for Self-Care:



## Touching Base

- When planning to attend an event, check-in with yourself to see if your body feels joyful, apprehensive, resentful, overwhelmed, eager, or delighted.

## Personal Buoyancy

- Choose an amount of time that you feel you could attend and not lose your balance. It should also respect your sleep needs: your bedtime and wake up time commitments.

## Personal Buoyancy

- Do not attend social engagements and arrive with low blood sugar, too hungry, or too tired. If you must eat before going to an event, do so. If you need a 15-minute time out/savasana before going to an event, do so. Use a yoga exercise from this book.

# GUIDELINES for Self-Care:



## Body Dashboard

- To plan for better blood sugar and energy levels on social commitment days, eat well, hydrate well, and take a brief walk outdoors in the middle of the day. Plan not to work late, and to have time between work and the event to rest quietly or sit in meditation. Even if it means doing this in your office, or somewhere on site at your job.

## Self-Accountability

- Plan ahead for how much alcohol you will and will not consume.

Hunger, Hope & Healing: A Yoga Approach to Reclaiming Your Relationship to Your Body and Food [www.sarahjoyyoga.com](http://www.sarahjoyyoga.com) © 2022

# HUNGER, HOPE & HEALING FOUNDER & DIRECTOR



*Sarahjoy Marsh*

## ***Transformation Catalyst***

Sarahjoy Marsh, MA, E-RYT-500 yoga teacher, therapist and author, is a vibrant, compassionate catalyst for transformation to those that suffer from addictions – in particular disordered eating patterns/emotional eating.

The combination of her knowledge of powerful yoga and mindfulness tools, her ability to identify when a conditioned mind crowds out clear thinking and to inspire the courage to bring insight into action, her perspective on the terrain of the stages of recovery and the tools to use along the way to recovery make her methodology (outlined in her book *Hunger, Hope & Healing*) a comprehensive and effective healing modality

Her 28 + year training and facilitation background includes transpersonal counseling, art therapy, and community mental health, the psychology of yoga, Ayurveda, and rehabilitative yoga