



hunger
hope &
healing



NAVIGATE SOCIAL GATHERINGS and FOOD with EASE

Some of the most turbulent times in recovery occur during the holidays (times where overindulgence and splurging with plans for atonement, aka binge now, diet later increase.) 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.

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GUIDELINES for Self-Care:



Be Pro-Active:

- Identify the foods that are most challenging for you to be around.
- Identify the people that may be challenging for you to be around.
- Identify what times of day are more challenging for you to feel confident, grounded, and capable of making positive choices.
- Reduce the challenges with advance planning and foresight.

Plan Yoga Interventions

- Several times a day grant yourself 5-10 minutes for mindfulness tools, breathing interventions, and yoga exercises.
- Disarm anxiety and promote calm and clarity.
- Choose exercises from the book, Hunger, Hope & Healing.

Practice The Here and Now Mantra

- In anticipation of events where you may feel anxious, for any 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.) Support your brain & body!
- **MANTRA: Breathing In, HERE. Breathing Out, NOW.**

GUIDELINES for Self-Care:



Nourish Your Personal Buoyancy

- Prior to the holiday (or other event), plan to be more nurturing toward yourself: drink enough water to hydrate, use a nourishing bed time 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).
- **Check out the Body Dashboard** in the book and at the end of this handout.

Visualize Your Ease In Advance

- Make a plan for what you feel is a safe amount to eat at a holiday gathering or other event. Be realistic. (ie. Visualize the scene, the people, the food, the rhythm of the event.)
- Imagine yourself moving through it with grace and personal respect. Imagine yourself easily saying NO to foods, beverages, or other activities that tend to derail you.

GUIDELINES for Self-Care:



Inner Restoration & Ease

- 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 yoga, meditation or pranayama before leaving home.
 - Mark out the white space that you will need to maintain your well-being. **BE GENEROUS with your needs!**
 - 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 also need to protect some of these days in advance as days off from holiday commitments.

GUIDELINES for Self-Care:



Touch Base/Stay Connected

- When planning to attend an event, check-in with yourself to see if your body feels joyful, apprehensive, resentful, overwhelmed, eager, or afraid. Choose a breathing practice to support yourself.
- Exchange supportive messages with your recovery buddies, or join us in the online group, Hunger, Hope & Healing to get connected with recovery buddies!

Personal Discernment

- Choose an amount of time that you feel you can attend a gathering and not lose your balance. (This should also respect your sleep needs: your bedtime and wake up time commitments.)

Don't Create Unnecessary Risks

- Do not arrive with low blood sugar, in deprivation mode, too hungry, nor too tired. This creates a risk for overindulgence.
- If you need to 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 the book.

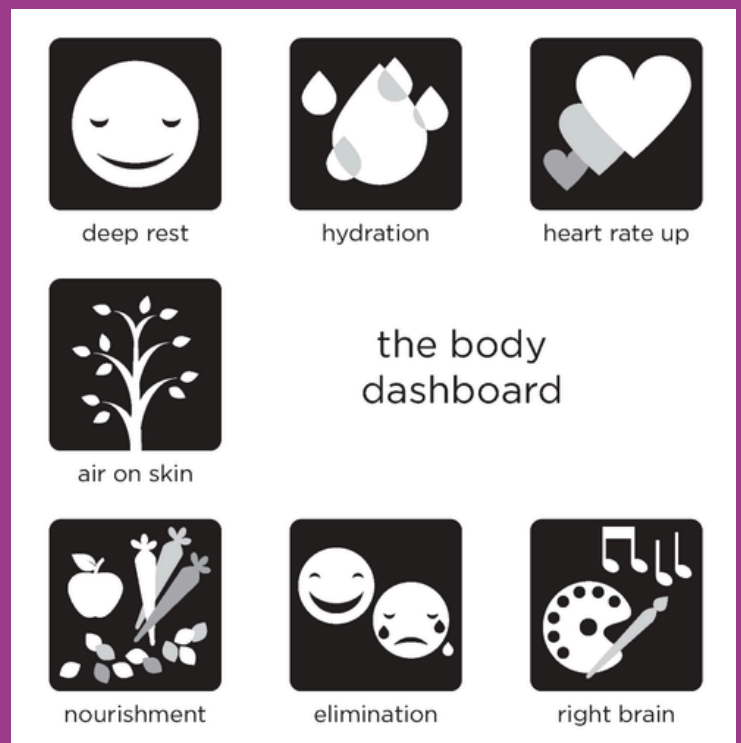
GUIDELINES for Self-Care:



Tend To Your 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.

7 Daily Essentials Body Dashboard



Hunger, Hope & Healing: A Yoga Approach to Reclaiming Your Relationship to Your Body and Food www.hungerhopeandhealing.com © 2024

HUNGER, HOPE & HEALING FOUNDER & DIRECTOR



Sarahjoy Marsh

Transformation Catalyst

Sarahjoy Marsh, MA, C-IAYT, 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 30+ year training and facilitation background includes transpersonal counseling, art therapy, and community mental health, the psychology of yoga, Ayurveda, and rehabilitative yoga.