

Ask our EXPERTS

OUR PANEL OF EXPERTS HAS ALL THE ANSWERS WHEN IT COMES TO HEALTH, FITNESS, AND LIVING LIFE TO THE FULL

WELLBEING

NUTRITION FITNESS HEALTH

Deborah Smith is a positive psychologist specialising in the science of happiness and mindfulness. She has more than 25 years' experience as a psychotherapist and is here to help, so email her at weightwatchers@seven.co.uk

Q I'm finding it hard to stick to a healthy-eating and fitness plan. What are the most common emotional issues holding people back from their goal? *Jen Ellis, Hove*

A Emotional issues causing people to struggle with a weight-loss plan can be complex. The most important thing is to understand why you, personally, are finding it hard.

Emotional eating is common, and might be holding you back. The next time you're about to eat, stop and think, 'How do I feel?'

If you are genuinely hungry, go ahead and eat something, but try to be honest. Are you feeling stressed, angry or bored? We

can unconsciously turn to food for comfort or distraction from feelings or situations we find unpleasant. If you identify an emotion, just acknowledging it is a great start.

Next, ask what's causing the emotion and write down your thoughts. This can be quite challenging, but it's the only way to break free from a cycle of emotional eating.

If that doesn't help, remind yourself of what motivated you to start a get-healthy plan, and let this give your actions meaning.



TALKING POINT

QUICK TIPS FOR WHEN YOU NEED A BOOST



INCREASE CONFIDENCE

Think of one thing you like about yourself – something that reflects who you are, such as your kindness, creativity, positivity... Whatever it is, focus on it and be proud.



COMBAT NERVES

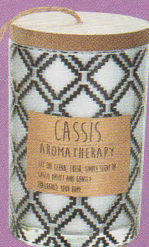
When we feel nervous, our breathing can become shallow. Stop what you're doing and take three slow, deep breaths, right down to your belly. Breathe in through the nose and out through the mouth.



FIND A LITTLE HAPPINESS

Listening to music is a powerful and easy way to shift your mood. Choose – and play – five songs that make you want to dance and smile.

TRY IT THIS MONTH



The scent of this candle is both uplifting and relaxing. **Cassis Aromatherapy candle, £7.99, New Look**

Facing your fears

'THAT FAMOUS QUOTE FROM FD ROOSEVELT, "THE ONLY THING WE HAVE TO FEAR IS FEAR ITSELF" REFERS TO IRRATIONAL FEAR, WHICH OFTEN STOPS US FROM DOING AND BEING ALL THAT WE CAN BE. SO TRY TO SEE YOUR FEARS FOR WHAT THEY ARE, AND START TO LET GO.'