

ASK OUR experts

Our regular 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 going on summer holiday soon and keep stepping on the scales and obsessing about the number I see. How can I keep on track without getting fixated on my weight? *Fiona Wright, Deal*

A It's important to try to see the bigger picture. Your preoccupation is causing you to focus solely on the number on the scales, so you're likely forgetting about all the other positive things that go hand in hand with weight loss, such as improving your wellbeing or fitness level.

It's crucial to ensure that you are taking care of every aspect of your wellbeing, including what you're eating and drinking. To redress this balance, try listing all your non-scale victories. For example, are you feeling happier, more confident, or more energetic? Do this every day, or every week, so you can start to move your thoughts away from the scales.

Try to stick to weighing yourself only once a week to break the obsession. Each time you feel like hitting the scales outside your weekly meeting or weigh day, try a simple wellbeing exercise instead. For example, do something creative, get outside for some gardening, or start a positive-thinking Pinterest board, which can help to keep you feeling inspired.

If you don't have time for any of these, then simply take a minute to think about what you're grateful for at the moment: what are the things that make you smile? Some of the best ways to help break a bad habit are to create new positive ones instead.



TALKING POINT

HOW TO STAY ON TOP OF YOUR THOUGHTS

1

TAKE A STEP BACK

It's easy to feel consumed by negative or anxious thoughts, but the first thing to do is to recognise that, then take a step back from the thoughts and give yourself some breathing space.

2

SORT THE WHEAT FROM THE CHAFF

Next, become a neutral observer and label your thoughts as they occur – for example, decide if they are useful, or not useful.

3

LEARN TO LET GO

Finally, start to dismiss negative thoughts. This should help give you a sense of freedom, and help you move onto more positive things.

TRY IT THIS MONTH

A FRESH SUMMERY SCENT

Roll the **Vital Energy Aroma Roller** (£29, ila) over your pulse points and enjoy a hit of energising fragrance containing rose, lemongrass, and geranium oil.



'Confidence is the sexiest thing a woman can have...

... It's much sexier than any body part.' So says American model and Paralympian Aimee Mullins.

Aimee had both lower legs amputated as a baby, due to a medical condition, and **set world records** in 100m, 200m and long jump in 1996.