

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 simply have no willpower. If I come across unhealthy food, I always eat too much of it. I even eat my kids' leftovers! How can I gain more self-control? *Kath Graham, Margate*



A First, are you sure a lack of self-control is the problem? I'd start by paying more attention to how you talk to yourself. We all have an internal voice in our heads, and it can be a helpful, or a harmful one.

Are you being kind to yourself, or overly critical? You say you have 'no' willpower and you 'always' overindulge. These are strong, inflexible terms, so maybe it's time to start being a little kinder to yourself.

Willpower is something you can build. Flex that muscle, like any other, and it will get stronger over time. Start by focusing on the positives – times when you made healthy choices or resisted eating too much. Be proud of those successes.

Next time you're faced with an unhealthy food you struggle to turn down, think of a time when you did resist and how good it felt. Focus on that feeling and allow it to help you walk away with a satisfied smile!

TALKING POINT

HOW TO PUT
A POSITIVE
SPIN ON
NEGATIVE
SELF-TALK

1

'I'M USELESS, I'LL NEVER BE ABLE TO...'

Instead say: 'I might not have managed to do it this time, but I'll do better next time.'

2

'I HATE MY BODY'

Instead say: 'I like my...' (think of one feature you like or are proud of improving), and build it up from there.

3

'I'M NOT GOOD ENOUGH'

Instead say: 'I recognise and appreciate my...' then list five of your personal strengths.

TRY IT THIS MONTH



If fresh flowers lift your mood, why not sign up for a **regular delivery**, from £20.95, Bloomon

You can't live a positive life with a negative mind

IT'S NOT EASY TO CHANGE
HABITUAL NEGATIVE THOUGHTS, BUT
BECOMING AWARE OF THEM IS THE FIRST
STEP TO **MAKING POSITIVE CHANGES.**