

Hurry, Hurry I'm Having a Fast Food Attack!



Whether you are eating too much, have poor healthy nutritional intake or simply feel that skipping meals is an acceptable habit, you may be contributing not only to poor physical health, but also to poor emotional health.

Fast food drive thru's have contributed to us meeting our immediate gratification with not so healthy choices contributing to increased needs for medical/mental health care.

It amazes me that we as a society are in such a hurry and so stressed out that we compromise our healthy eating to the point of negatively affecting our bodies and our minds. I hear it frequently.... "I'm too busy." "It takes too long to prepare healthy food." *I have to ask you, "What is the difference in the time it takes to grab an apple vs. a candy bar, or a bag of fries vs. healthy sea salt crackers? If you "have to have" chocolate, go for the 65% cocoa dark chocolate, in moderation.*

Too Busy!

When we have "too much on our plate" we have a tendency to forgo bringing healthy snacks in the car with us to get us through until we can make it home to make ourselves something more healthy. That "too much on our plate" either leads to quick drive thru options or maybe skipping meals, of which neither are the best of choices.

While we are all busy running the "human race", we take time to stop to put gas into our vehicles "not oil or butter into the tank" (because it may be more convenient), so that the vehicle can get us from point "a" to point "b" but yet we either do not fill our nutritional tank at all and are "on empty," or fill it with grease, salt, fillers and unhealthy fat. As a result, our mind and body are not functioning up to par. "Yes", your emotions/mental health are affected by a poor diet. It is not only adults being affected, but also your children.

Have you tried several weight loss and health options and yet you gain back your weight?

Stop Yo-Yo Dieting

Brightside Counseling offers guidance regarding healthy eating. However, we have found that emotional eating is a huge contributor that is many times overlooked in your traditional weight loss programs. That is part of the reason you may lose and then gain your weight back. Adding simple exercises into your schedule can also help with weight loss and a healthier you. You do not have to go to the gym to start. Small changes can make a big difference for the long haul. Quick fixes can also lead to quick failures.

If you are ready to address the emotional components of your poor eating habits, please contact Brightside Counseling in order for us to help you identify and address the underlying feelings you may be covering by your excessive or poor food intake.