

WELL FED DAILY

OVERCOMING HOLIDAY CRAVINGS ONE DAY AT A TIME

The Oddball Effect

Overcoming convenience in a fast paced world.

"I don't have time to eat healthy." It's a common phrase spoken and if not spoken, then definitely thought. A big misconception about eating well is that it takes too long and doesn't fit into a "busy" schedule. There are a number of problems with this blanket statement.

One, we should never be too busy for our health. If this is the case, then it won't be long before your health starts screaming for attention and soon enough your precious time will be spent at doctor appointments, taking medication and you will be throwing your pretty pennies down the drain.

Two, if you have time to eat, you have time to eat healthier. We all eat, it may not be consistent or always extravagant, but we do it. We make time for it because it is a norm, a habit, something we don't have to think about. Human nature is to eat. Unfortunately what to eat is not.

We do have the ability to eat healthier without spending oodles of time doing it. It's true that eating healthy doesn't have to be difficult or stressful. Sure, those first few steps into uncharted water may be a bit frightening but you will be surprised at how quickly you will get your feet under you and develop a new "normal."

Let's be honest and get to the root of the issue. The reason people don't eat healthy is not due to lack of time, or even poor management, it really boils down to a psychological distortion that makes us believe that doing something new takes more time than something you've done repeatedly. This is known as the oddball effect.

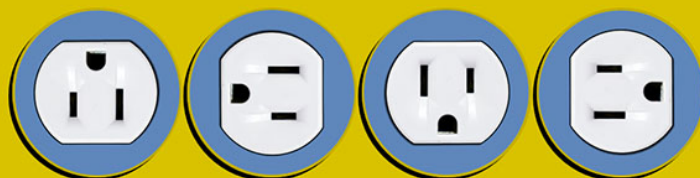
Again, it is mind over matter. What we perceive as difficult or time consuming is thought to be true regardless if it is or is not. It's those mind games again. What we think or believe determines our actions. Our actions rarely determine our thoughts. Are you letting your mind win in this healthy eating battle? Are you stuck in the oddball effect with perceived notions that eating healthy involves more time than you actually have?

Sure, cooking something healthier seems to take longer because doing anything new requires more mental effort. It's all about habit, those habits you do all the time seem easy, because they require almost no thought or attention at all. The combination of habits and oddballs makes you believe the drive-thru is faster than picking something up at the grocery store to cook at home, but it isn't necessarily true.

Sure eating better may take more effort, especially in the beginning. If your new to cooking, it may take longer in the beginning, but once healthy eating becomes your habit, it will feel like you've wasted no time at all. Don't let your mind win this race. You don't have to lose "convenience" to eat healthier, you just have to choose to change your mind and take a chance.

I challenge you to overcome your mind, choose to make a healthy choice or cook at home regardless of the time you think it will take. You may be surprised at just how quickly it goes!

To which outlet is your visual attention drawn the most?



Brain Games

There are no right or wrong answers on what the outlet should look like, yet we are all drawn to what our mind believes is correct.

Our thoughts determine our actions!



DAILY CHALLENGE

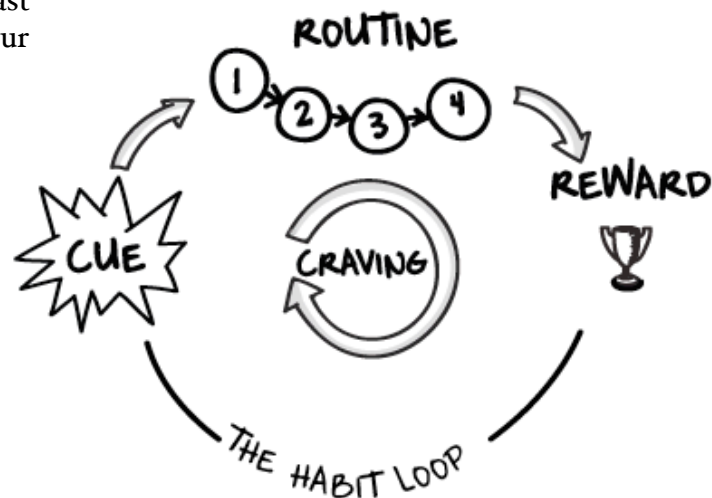
Be aware! What is the cue that feeds your habit loop? Figure out those cues or weaknesses and be aware.

Write down your mental cues preventing you from eating healthy.

NOW BEAT THEM!

Your challenge today is to think before you eat. Know your cue and overcome it. If you are at a restaurant take time to order something healthy or better yet, cook at home.

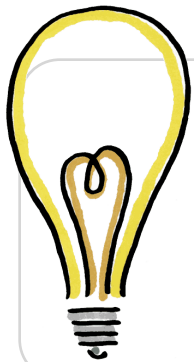
Summing up what we've learned about the habit loop the last few days, take a minute each meal and think about what your thoughts are. We're trying to get your mind in this healthy eating thing and thus creating a change within. Mind over matter. You can do this!



Breakfast Thoughts:

Lunch Cues:

Supper Cues:



HOW DID YOU DO TODAY?

How did you do today? Did you have any lightbulb moments? Let's overcome our mind and believe we can live a healthy life regardless of our hectic schedules. Write two positive mind games you overcame today.

1.

2.

Snack Idea of the Day:

With our focus on veggies being the star of the show, why not find creative ways to eat them even for a snack:

cucumber sandwiches

Sliced Cucumbers + Meat + Smashed Avocado + Cheese + Salt & Pepper

Coming up next: You are not your brain!