

Why You Shouldn't Let a Food Binge Ruin Your Motivation

Have you ever sat down for a few squares of chocolate and before you know it, the entire family block is gone??? Maybe you have gone out for a few cheeky wines and woken up telling yourself you will never drink again, because once again you over did it. Or maybe it is just a regular weekend occurrence. During the working week, you are food prepped, you are eating well, staying on track. Then the weekend comes along and all of a sudden you are a different person. Self-control has disappeared into thin air. Your attitude goes to 'ill start again on Monday' and until then, it is an all you can eat buffet for the next two days. If this is you, never fear, it is not the end of the world. Everyone falls off the wagon sometimes and it is completely normal. In fact, it keeps us sane. So don't think of it as the end of all your hard efforts. Instead, accept that it happened, and move on. The best way to get past a food binge... Figure out why it happened in the first place.

The questions to ask yourself are the classic who, what, where, when and why...

Who were you with? Is it only when you are alone, or is it when you are with certain people? What is it that you are losing control over? What types of foods? Sweet, savoury, salty, everything?

Where are you when the binge kicks in? Is it at home with your pantry staples, or is it when you are at work or out and about?

When is it happening most? Afternoons when 3:30itis hits? Or maybe when you get home, or the entire weekend.

Why is it happening? Bored, tired, delicious chocolate cake sitting in front of you all day?

There may be a number of reasons you fell off the wagon. Did you miss your afternoon tea snack, became ravenously hungry to the point of no return to then devour an entire bag of potato chips when you got home? Are you studying for exams? Boss on your back about deadlines? Is there added stress in your life for some reason? Maybe you are emotionally binging on food for comfort. Are you tired? This is a big one. When you are tired, your body craves energy, usually in the form of carbs or sugar. You also lack the energy to put any effort into making something healthy and portion controlled so you just hit the shops for a packet of tim tams. Or maybe you have just been eating too much fish and broccoli or chicken and sweet potato and your body just needs a treat. But because you have been SO restrictive with your diet up until now, as soon as you get a taste of that delicious chocolate cake, all hope is lost.

Dig deeper into why this happened in the first place. This is your first step to beating the binge. Once you have the answers, look at how you can improve each one. It may take time and it may not always work the first time but it doesn't mean you have to give up. My biggest suggestion to anyone trying to change their diets to a healthy, more sustainable diet... Don't give yourself too many rules. Can't eat this, can't have that. It triggers that rebellious part of your brain where you just want it more when you know you can't have it. Instead, choose to have it occasionally, and ensure that all the other food you eat around those occasions is full of the nutritious stuff. The 80/20 rule is the best one to live by. This is the best way to get over a bad relationship with food and turn it into a more realistic, sustainable, and let's face it, fun relationship with food. Make small changes over time until you know exactly what works for you. That way you can have your cake and eat it too. Just not the whole cake ;)

