I'm Fed Up With Dieting - Now What?

This meditation will help you shift your mindset from chronic dieter to having a healthier relationship with food.

Find a quiet comfortable place to sit and close your eyes. Focus your attention on your breath, breathing in and out through your nose.

Now, think about all the diets you have been on in your life and how they've turned out. Feel the frustration that comes with constantly dieting and losing and gaining weight over and over again. The struggle! How does it feel to be on that rollercoaster?

Now think about what it would be like to finally get off the crazy ride and never have to diet again. Is there relief? Confusion? Peace? Anxiety? A feeling of being lost without the structure of a diet plan? Or maybe you're thinking that giving up dieting is totally insane.

Simply notice what this brings up for you, without judgment.

Ask yourself if this is how you want to live your life. Is there any joy in dieting? Probably not, right?

I give you permission to be free. Not free to eat anything and everything you want in large quantities, but free from starting a diet every Monday. Free of starving for breakfast and lunch, and then pigging out all evening. Free of counting calories, points and weighing yourself daily. Free of guilt that comes with eating ice cream. How does it feel to be free? What would your life be like if you truly embraced this? Decide to release the frustration, tension and stress that come with restrictive dieting. Notice how your body feels now that you are free.

Visualize yourself in a body that is healthy, fit and strong, a body that is nourished with good quality food that fuels you, a body that eats just enough food to sustain you, without overeating or using food to relieve boredom or stress.

MINDFUL MANTRA: "I WILL EAT TO NOURISH MY BODY. I NEED TO FEEL GOOD TO LOOK GOOD."

Food is just food. It is there to help our bodies function properly. Let go of controlling your food and being hungry; start giving your body the food it needs.

That's it! Sounds simple but we make it so complicated. Pay attention to your hunger and listen to the signals that your body is sending. Take the emotional charge and control out of it and stop manipulating yourself through food. Pay attention at mealtimes, enjoy them and come to a stop when you're full. Be mindful of your portions at every meal, not just when you're "on" a diet. When you're not "breaking" a diet you will stop punishing yourself with food because you failed yet again.

Say to yourself: I will nourish my body with foods that are nutrient dense, give me vitality and make me feel good. I will step away from the 100-calorie packs of processed food with empty calories. I will stop starving myself for breakfast and lunch and overdoing it at night. My body will naturally adjust to the weight it's meant to be if I heal my relationship with food. No more deprivation. No more stress. No more self-degrading, especially in public. I will eat my food because it nourishes my body and will not feel guilty about it. I deserve to eat good quality food because I am worthy of it. It feels so good to know that I never have to diet again. I choose healthy over skinny.

Now repeat this mantra to yourself a few times: **"I will eat to nourish my body. I need to feel good to look good."** Now, continue breathing until the sound of the bell. When you're ready, slowly stretch and open your eyes.