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Skinny Wisdom - For Feeling Lighter Inside & Out

Emotional Wellness

- Be your own best friend- would you talk to your friend or child this way?
- Show compassion for yourself and others - we are all doing the best we can. Practice non-judgement.
- Be happy now: not when you lose weight or reach goals.
- Be grateful, it is the key to joy.
- Forgive selfishly. Forgiveness benefits you more than them.
- Don't argue with reality- practice acceptance and non resistance.
- Be an observer rather than thinker - don't believe everything you think. You don't know everything. Don't assume.
- Crisis is an opportunity to learn, grow and heal.
- Take small steps toward change.
- Don't personalize - nothing is about you, it's about them and their judgments based on what triggers them.

Body Wellness

- Eat whole foods- least processed the better - 5 ingredients or less ideal.
- Organic and Non-GMO when possible.
- Eat balanced: Lean protein, healthy fats and unrefined carbs.
- Limit processed sugar and sweeten with honey, stevia.
- No Diet soda or low fat food.
- No artificial flavors, colors, trans fats or high fructose corn syrup.
- Eat vegetables- many.
- Sleep.
- Move your body, exercise and practice yoga.
- Meditate.