

## Staying on track when life changes

Let us begin by saying 'we are only human' which is the perfect statement for what we are going to talk about. Throughout life there are always going to be situations or circumstances that make it more difficult to achieve our goals. We cannot stop this from happening but there are ways in which we can manage these situations. When it comes to life events such as moving home or getting a new job, it can be quite tricky to stay on track. So, I am going to take us through some pointers.

**Firstly**, try and remember why you were making changes in the first place. Was it because you want to reduce your risk of Type 2 Diabetes? Or it could have been because you want to live longer to travel the world. When remembering why we are making these changes, it helps to keep that motivation going to stay on track when we hit a bump in the road.

**Secondly**, look at how far you have come already, track your progress and victories. We tend to focus on the negative experiences that we have faced or our mistakes which does not motivate us. Staying positive and rewarding ourselves mentally pushes us to keep going.



It is remembering that we are only human, that we need to have fun and enjoy ourselves, so having one treat meal is not going to undo all of the progress that you have made so far. So, try not to beat yourself up, just try to get back on track as soon as you're ready. It is normal to experience setbacks from time to time and we can use this as a learning opportunity to understand what might help us in the future when facing challenges again.

### Tips and Tricks

When moving home or starting a new job it can be difficult to eat healthy, so putting a plan in place can really make a difference:

- Meal planning is a good example for making sure you know what, when, who you are eating with and why you are eating.
- Organising your meals can stop you going for an easier option such as a takeaway.
- Cooking in bulk when you have a day free and then freezing the meals so when you are on the move, or do not have time, defrosting and reheating can be a much quicker option!
- Making sure you have healthy snacks that keep you fuller for longer such as nuts, dried fruit, wholegrain crackers and yoghurt rather than going for a quick and easy chocolate bar.

Just remember, 'ROME WASN'T BUILT IN A DAY!' So be kind to yourself during times of change.

### Author:

Hi, I'm Victoria, I'm qualified in Sports & Health Science and work as a Health & Wellbeing Coach at Xyla Health & Wellbeing. My role consists of helping and supporting people create a healthier lifestyle. I thrive in helping people and providing advice that will contribute to a healthier, happier lifestyle.