

Reframing Your Thoughts About Managing Weight

As much as you might want to, you can't think yourself to a healthy weight.

Instead, what might help is to think differently about how you eat, what your goals are, and how you think of yourself.

So let's explore your thoughts about managing your weight by dieting.

When you're on a diet, it's easy to think of foods as bad or good.

That's why after being on a diet, many people feel like all the foods they had labeled as bad are finally back on the menu.

Then they get off track.

And they may need to recommit.

So instead of thoughts about dieting or good food-bad food, try shifting your thinking to see food as fuel for your body to do things you enjoy.

Or think about how food helps you stay healthy.

This can help reduce the stressful thoughts about food.

You can still think of food as comfort if you're choosing foods that help you care about your health.

That can be what's really comforting in the long term.

And your weight-loss goals?

Well, maybe it's time to forget the number on the scale.

Take another look at that goal.

Try refocusing your goal on results that include improving your health and lifestyle, such as having more energy to walk with friends or ride bikes with your kids.

That could be more inspiring than what you weigh.

Here are some other examples.

You might notice that your healthier lunch choices help you feel better throughout the rest of the day.

Instead of feeling the need for a nap, you're able to write that report, fill that order, or play with your kids.

That's a huge win that might be better than how your scale can make you feel.

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Other results you might notice: Eating healthier food helps your digestion and may help you feel better overall.

You may spend less time thinking about food choices and the scale.

And you may experience less guilt about those food choices.

Finally, let's talk about how you think about yourself.

You aren't a number on a scale.

And you're not your pant size.

When you think of who you are, think of who you are right now, and imagine yourself as your own best friend.

Because you are.

Be kind and patient with yourself—wherever you are on your life's journey.

Maybe you can't think yourself thin.

But when you reframe how you think about weight, you may discover that eating healthy foods can lead to more energy and feeling better.

And you may become an inspiration for others too.