Simple Rule Challenge

This activity challenges you to modify your relationship with food by creating one simple food rule. This can ultimately improve your health and replace feelings of hopelessness with hope and enthusiasm.

This mindset may not be the best for everyone and if you are finding it difficult check out resources relating to other perspectives such as intuitive eating.

Without worrying about weight loss and putting so much pressure into a diet mentality, what if one simple rule could help you develop a better relationship with food?

Some helpful tips to remember:

- Nobody is going to tell you what to eat or not eat.
- You can change your rule at any time.
- There's no reason to punish yourself if you make one mistake. (Figure out what went wrong, get up, and try again.)
- Your rule should be challenging, but not too restrictive or burdensome. (It should not create too dramatic of a caloric or nutritional deficiency.)
- We are going to experiment with this rule for just 10 days.

Here are some categories and rules people make:

Moderation and Portion Control Rules

- I'll refrain from eating bread more than two days per week.
- I'll stop eating when I am feeling full.

Rules that Add Healthy Behaviors

- I'll drink two glasses of water before each meal.
- I'll walk for 10 minutes before sitting down at my computer for the first time.
- I will write down a hypothetical food plan for the next day before I go to bed.

Elimination Rules

- I will refrain from buying more than one pint of ice cream at the grocery store.
- I will put no sugar or one teaspoon of sugar in my coffee or tea.

Eating Behavior Support Rules

- I'll stop eating in front of the TV.
- I'll stop eating in the car.
- I'll stop eating standing up again.
- I'll put my fork down between bites.

Activity: What is the simplest rule you could follow which you know would make a big difference in how you eat, but doesn't feel too burdensome, restrictive, or depriving? *If one above doesn't fit, experiment with your own.*