

Dreading the Festive Feast?

rhcp

Rutland House
Counselling & Psychotherapy

www.rhcp.org.uk

Christmas and New Year can be particularly challenging for people who have complex relationships with food. Emotional eaters, food addicts, those with small appetites and those with Eating Disorders can find the festive feasting all quite overwhelming.

If you or a member of the family struggle with food, try these **helpful guidelines** over the festive season:



Minimise any expectation that socialising must be about eating, get together for fun not just to eat.

Serve a nice meal on Christmas Day but don't be excessive just for the sake of it.



Once dinner is over, shift the focus on to other activities like playing games, going for a walk or watching a family film.

Plan what meals you will serve and use creativity to make treats that are enjoyable, fun and healthy.



Encourage loved ones who appear to struggle with the food to talk if they want to, let them know you are there to support them.