

Don't pass over nutrition self-care this Passover

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BJC | Springtime is loaded with busy days and long to-do lists filled with everything from Passover prep to spring cleaning. With time management in mind, we evaluate all that must get done and prioritize accordingly. While it may seem counter-intuitive, designating time to pause our busy schedules and take care of ourselves may increase our productivity, happiness and energy levels.

Here are five ways to practice nutrition self-care:

1. **Eat proper meals and snacks.** Take time to prepare healthy meals and snacks for yourself. This will properly fuel your body, which will likely increase your energy level, clear your focus and set you up for a productive day. Pro tip: Set aside time in the beginning of the week for meal prep. Having meals and snacks already prepared (and pre-portioned) is helpful.
2. **Practice mindful eating.** Focus on your food while eating; limit distractions and eat while sitting down. Notice the aroma, color, texture and taste of your food. This will ensure you get a break and reset; it will also help with satiety.
3. **Make the healthy choice the easy choice.** Stock your fridge and pantry with foods that are both healthy and appealing. Pro tip: Wash and cut up fruits and vegetables in advance. Store them in clear containers at eye level so they're easy to grab when hunger strikes.
4. **Skip the guilt.** We have taste buds for a reason. If you'd like to indulge once in a while, then do so and enjoy! Spare yourself feeling guilty before, during and after. Instead, indulge, enjoy and move on.
5. **Practice positive self-talk.** Be kind to yourself. You're balancing a lot and doing a great job; your house is clean enough; your food is tasty enough; you look awesome in your outfit! Negative self-talk (whether in your head or said out loud) can be detrimental in countless ways. Model positivity in the way that you think, act and speak. You never know who is watching, listening and learning; do it for yourself and for others around you.

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