



Dr. Tracy's Counseling Services

20 years of experience

Many people resolve to lose weight January 1. The hard part is following through. If you have done every diet, gained and lost the same pounds dozens of times, there may be other issues including emotional barriers.

Even with the best intentions, weight loss cannot happen when emotional barriers stand in your way. You can plan to go to the gym and eat more healthily but if anxiety and other emotions sabotage you, it can be difficult to resist the urge to take comfort in food. By understanding the emotional triggers you have when it comes to overeating or resisting exercise you can be better prepared for those feelings and how to overcome them from stopping your weight loss resolution.

Depression, anxiety and weight gain often go together. Feeling sad, fatigued and listless can lead you to look to food in order to feel happy or calm your anxieties. Food and eating in general can often seem like a friend when you feel lonely or anxious. You may grab for a pint of ice cream to feel better only to find the sugar crash leaving you more listless and less likely to work out.

Guilt is a powerful emotion that can send you into a downward spiral when it comes to your eating habits and level of activity. Even if you've seen weight loss success, cheating on your diet or missing a day of exercise can make you feel like such a failure that you stop everything. When you feel guilty about your eating habits, it creates a vicious cycle wherein you feel guilty because you've seen little progress, then eat even more in order to make yourself feel better.

Support can make a big difference in any weight loss program. Whether you find a workout partner or attend a weight loss group. You will likely find more success with people who are struggling and supporting you along the way. Having accountability to your program will make you feel more committed to it.

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ General Coping Issues

**State approved to provide OWI assessments,
substance abuse assessments and substance abuse treatment**

Family Interventions ~ Couple Counseling

Women's Issues ~ Workplace Stress

Most insurance accepted.

NEW GROUP FORMING

"New Year, New Body-Mind Over Meals"

Please call for more info at 515-490-1921. Limited space, starting in January.

215 SE Main Street • Grimes

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