

# The Party Time Action Guide

## How to Stay Healthy, Sane, and Having Fun

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### Step 1 Start with the Basics

Ask yourself, "Do I really want to attend?"

The first step to staying on track is listening to your own intuition. Don't compromise your health just because you think you are obligated to go.

Only attend the events you know you will enjoy. The worse you feel, the more likely you are to give into temptation. If you already feel pressured to go when you don't want to be there, it will affect your willpower and focus, leading to potentially dangerous

### Step 2 Talk to the Host

1. Let your host know how important your health is to you and that you plan to stay on track.
2. Offer to bring some healthy food options.
3. Be surprised at how supportive they are.

### Step 3 Bring a Healthy Snack Option to the Party

- High protein Greek yogurt savory dip (made with onion or vegetable soup mix or other herbs and spices) with veggies
- High protein Greek yogurt dip with fruit
- A cheese and fruit plate
- A deli meat and veggie plate
- A plate with shrimp and cocktail sauce with veggies

### Step 4 Recruit a Friend to be Your Health Buddy at the Party

1. Choose a health buddy and commit to supporting each other
2. Watch for common triggers so you can swoop in or signal for help:
  - Anxious
  - Nervous
  - Depressed
  - Hungry
  - Angry
  - Lonely
  - Tired
3. Take a break with your health buddy when one if you needs some air to to escape the triggers or temptations.
4. Bring an activity that keeps your hands busy, such as knitting or crocheting.

### Step 5 Preventative Action Tips

- Don't arrive early or stay late, as it that could lead to off-plan eating, hunger, or more temptations
- Eat a high protein snack before arriving
- If you don't plan to eat at the party, brush your teeth before you arrive.
- Sip on sparkling water with lime.