

# Social Situations Strategy Guide

How to stay flexible, calm, and grounded during events, travel, and celebrations.

## Your Pre-Event Intention

Before the event, ask yourself:

- "How do I want to feel after this?"
- "What matters most tonight — the food or the experience?"
- "What's one gentle intention I can hold?"

### Examples:

- ✓ "I want to enjoy myself mindfully."
- ✓ "I want to feel good afterwards."
- ✓ "I'm choosing balance, not perfection."

## The Flexible Eating Framework

### 1. Choose your "Joy Foods" intentionally

Pick the foods you genuinely love — skip the ones you don't care about.

### 2. Eat with presence, not pressure

Slow the first few bites, enjoy the flavors fully.

### 3. Use the One-Plate Guideline

Fill one plate with foods you want. Eat slowly. Pause. Then decide if you truly want more.

*(This is a guideline, not a rule.)*

### 4. Don't arrive starving

A small snack beforehand prevents overeating from extreme hunger.

## Handling Social Pressure Gently

People often encourage you to eat more because they want comfort, not because you need more food.

### Use one of these simple responses:

- "It looks great — I'm pacing myself."
- "I'm good for now, thank you!"
- "I'm listening to my hunger."
- "I'll grab some in a moment."
- "I'm enjoying this slowly."

Short, kind, no explanations needed.

## Navigating Travel Smoothly

- Stay hydrated — thirst often feels like hunger.
- Slow your meals using the “first three bites.”
- Aim for one balanced meal per day (protein + veg).
- Bring a simple snack for long stretches.
- Walk when you can — airports, breaks, mornings.
- Reduce decision fatigue: choose “the best available option,” not perfection.

## The Post-Event Reset

This is the most important part of the entire guide.

**Before the event even begins, choose your return meal — the first meal that brings you back into your normal routine.**

### Examples:

- ✓ oatmeal + fruit
- ✓ protein + vegetables
- ✓ a simple home-cooked dinner
- ✓ balanced lunch + short walk

This prevents the “I’ll restart tomorrow” spiral.

### Quick Reference

#### Before:

- ✓ Set one intention
- ✓ Have a small snack
- ✓ Choose joy foods mindfully

#### During:

- ✓ Start slow
- ✓ Pause mid-meal
- ✓ Use simple scripts for pressure

#### After:

- ✓ Eat your return meal
- ✓ Hydrate
- ✓ No guilt, no spirals — just continue forward

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“You don’t need perfection on special occasions. You need presence, flexibility, and one good next step.”

MIND TREKS