



# STAYING MINDFUL



I always say, it can feel like being on a diet and breaking up with someone has one main thing in common; there is never a good time to do it!

“HA  
HA  
HA”

All jokes aside, part of this process is figuring out how to stay mindful even during times of chaos. Whether it is positive chaos (vacations, graduations, parties) or more stressful times.

At points it feels like the stars have aligned and nothing can derail you, but other times it feels impossible to get on track. In those moments, do your best to “fake it ‘till you make it”. Stay in a routine and identify what you can control! For example, have a protein shake and a piece of fruit each morning for breakfast, or make sure you have high protein snacks with you at all times.

THIS IS HARD! But as you conquer these situations, you will feel empowered and be ready to take anything head on!

-Alicia Fanelli, MPH, RD, CSOWM