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<https://nonameportermcshirley.wordpress.com/2013/01/14/too-much-of-you-after-those-holiday-dinners-eight-ways-to-give-yourself-away-on-an-ordinary-day>

Too Much of YOU After Those Holiday Dinners? Eight Ways to Give Yourself Away—on an Ordinary Day.

Is there a bit too much of you after all those holiday dinners?

You can give “yourself” away on EVERY ordinary day.

Giving away your food, or the time you would spend preparing food and eating, reduces your intake which over time will reduce your size. This can be done within your ordinary routine—there’s no need to join a club or charity or diet. You can even give to yourself!

When you give something up, you won’t feel deprived if you focus on the joy of sharing and seeing someone else enjoy what you’ve just given (or the joy of giving yourself something unusual and fun).

Your kind act should give you an emotional boost to counter any lingering hunger. If you need extra help, take a deep breath stretching yourself tall while pulling your tummy in, and tell yourself, “I’m getting thinner.” Then go on to your next chore with a cheerful mood.

Here are some examples:

1. If you are making yourself a snack when your spouse or friend walks in the room, give your food to him/her, or at least half of it. (This may or may not work with kids, as they might not like the kind of food you fixed for yourself.)
2. When making breakfast or lunch for your kids, don’t make any for yourself—just eat the scraps or their left-overs. Give the extra time saved to your kids instead, in the form of your attention while they’re eating.
3. When you usually eat with family, but find yourself alone for dinner, either skip dinner altogether or have something quick and light like popcorn or a piece of toast, and give yourself the meal time for something special instead (like a long bath, or reading a book you’ve been wanting to get to, or cleaning the closet, calling a relative or far-away friend, writing that book you’ve been dreaming about, or any other thing you don’t usually have time for).
4. Taking lunch to work? Watch for a homeless person and if you see one, then give away your lunch and go without that day. (You’re more likely to see a hungry person if you are looking for one.)
5. Taking lunch to work, idea #2: Share it with someone who has less quantity or less quality in their lunch bag.

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6. At home OR at work, when you're thinking of getting something for yourself to eat, look around on your way to the food for little chores that need doing, and do them (an hour or two may pass before you get to the fridge, and by then it might actually be meal time). You'll feel happier because you were productive rather than wasteful/waist-full.

7. When you're thinking of getting something for yourself to eat, idea #2: Ask someone nearby if there is anything you can do to help them right now. (This gives you a break from your own activities, and gives you an energy boost from being surprisingly & kindly helpful, while keeping you too busy to eat.)

8. Planning on buying your lunch? Give that money to something later by putting it in another pocket, telling yourself it will buy XYZ (or it will go with tomorrow's lunch money for XYZ if XYZ costs more). Make sure XYZ is something you'll feel good about, like a present for a child or spouse, lunch out with your mom, or something you could really use that you've been putting off buying.

You can probably find more ways to give yourself thin, if you get started and keep looking. You'll become happier, and so will those around you!

