

HOLIDAY WELLNESS TOOLKIT

RETURN™

The Holiday Reset & Recovery Toolkit

THE RETURN™ PROMISE

You do not need to start over. You simply need to return.

One meal. One party. One weekend. One difficult day. None of them erase your progress.

Use this toolkit after overeating, travel, disrupted routines, stress, missed movement, or several difficult days. It is designed to help you take the next supportive action without guilt, extreme restriction, compensatory exercise, or waiting for a new week to begin.

Dr. Hilda Obi, DNP

The Complete Healthy Holiday Eating, Meal Planning & Wellness Guide

NOTHING HAS BEEN RUINED™

Stop the “I Blew It” spiral before it becomes the next decision.

After a celebration or disrupted day, it is easy to turn one event into a sweeping conclusion: “I ruined everything,” “I have no willpower,” or “I’ll start again Monday.” Those thoughts can make the next choice harder than it needs to be.

THE NEXT SUPPORTIVE CHOICE MATTERS MORE THAN YESTERDAY’S IMPERFECT ONE.

An indulgent meal or disrupted routine is an event - not an identity and not the end of your progress.

BEFORE I REACT™

What happened?

What am I telling myself about it?

What would a more useful response sound like?

TRY THIS REFRAME

Instead of: “I blew it.”

Try: “That choice is over. I can support myself with the next one.”

THE RETURN™ METHOD

Six steps for coming back without punishment.

R - RELEASE THE GUILT

Do not turn a difficult moment into a judgment about your character. Shame is not a recovery plan.

E - EAT NORMALLY AGAIN

Return to regular, balanced eating rather than extreme restriction or skipping meals solely to compensate.

T - TEND TO HYDRATION

Resume normal hydration and respond to thirst. You do not need a cleanse or “flush.”

U - USE GENTLE MOVEMENT

Choose comfortable movement because it supports well-being - not to erase or repay food.

R - RESTORE YOUR ROUTINE

Reconnect with the ordinary habits that support you: meals, sleep, planning, movement, and prescribed care.

N - NOTICE WHAT YOU LEARNED

Take the useful lesson forward. Leave the shame behind.

RETURN™ is not about undoing the past. It is about shortening the distance between disruption and your next supportive action.

YOUR NEXT 24 HOURS™

A gentle holiday reset - not a detox.

MORNING	Resume normal hydration. Eat when hungry. Choose a balanced breakfast or your usual morning meal. Avoid punishment thinking.
MIDDAY	Eat a normal balanced meal. Include foods that help you feel satisfied and nourished. Add a comfortable movement break if appropriate.
AFTERNOON	Check hunger, energy, stress, and hydration. Avoid intentionally arriving at dinner extremely hungry as compensation.
EVENING	Return to a balanced dinner and a normal wind-down routine. Prioritize restorative sleep when possible.

WHAT I WILL NOT DO TODAY

- Starve myself or use extreme restriction.
- Skip meals solely to compensate.
- Punish myself with exercise.
- Obsessively weigh or body-check.
- Declare the entire week ruined.
- Wait until Monday to care for myself.

TODAY'S AIM

Normal care. Normal nourishment. Normal hydration. Comfortable movement. Rest. The next useful choice.

BLOATING, FULLNESS & THE SCALE™

Don't let a temporary change trigger a permanent decision.

After holiday meals or travel, your body may feel different from usual. Meal volume, sodium, carbohydrate intake, hydration, bowel patterns, sleep, travel, and routine changes can all influence fullness, bloating, and short-term scale readings.

A SHORT-TERM SCALE CHANGE DOES NOT AUTOMATICALLY EQUAL AN EQUIVALENT CHANGE IN BODY FAT.

Instead of reacting with extreme restriction, return to your ordinary hydration, regular eating pattern, comfortable movement, rest, and usual routine.

BEFORE REACTING TO THE NUMBER, ASK:

- Am I making a thoughtful decision - or reacting emotionally to a temporary number?
- Have my meals, sodium intake, travel, sleep, hydration, or bowel routine been different?
- Would weighing again immediately help me - or increase anxiety and impulsive decisions?
- What is one ordinary wellness behavior I can resume today?

My next ordinary wellness behavior:

NO DETOX REQUIRED

Your body does not need to be punished for participating in a holiday. Return to supportive habits and give your routine time to normalize.

WHEN ONE DAY BECOMES SEVERAL™

How to return after a holiday weekend, trip, or difficult week.

Sometimes the disruption lasts longer than one meal. The answer is still not to rebuild your entire life overnight. Make re-entry smaller.

1. CHOOSE ONE ANCHOR

Pick one reliable behavior to reconnect with first: breakfast, hydration, bedtime, walking, meal planning, or another supportive routine.

2. REBUILD THE NEXT ROUTINE - NOT YOUR ENTIRE LIFE

Focus on today's next useful action instead of creating an exhausting list of everything you think you must fix.

3. ADD HABITS BACK GRADUALLY

Once the first anchor feels steadier, reconnect another. Sustainable re-entry can be simple.

MY 3-STEP RE-ENTRY PLAN™

My first anchor:

My next balanced meal:

My movement choice:

My bedtime or rest target:

One thing I can prepare today:

MY RETURN PLAN™

Create your personal recovery blueprint before you need it.

When I feel like I've "fallen off track," I usually tell myself:

The thought I want to replace it with:

My easiest balanced meal to return to:

My easiest form of comfortable movement:

My hydration cue:

My routine anchor:

Someone I can reach out to for support:

One action that helps me feel grounded:

MY RETURN PROMISE™

When the holidays become messy, I will not abandon myself because one choice - or several choices - didn't go as planned. I will choose the next supportive action available to me.

YOU ARE ALLOWED TO RETURN™

Keep the lesson. Release the punishment.

You don't need a new Monday.

You don't need January 1.

You don't need another diet.

You don't need to punish yesterday's choices.

You need the next opportunity to care for yourself.

One meal → Return.

One party → Return.

One stressful day → Return.

A weekend away → Return.

A difficult week → Return.

THE MESSAGE TO CARRY WITH YOU

Progress isn't never getting off course.

Progress is learning how to find your way back.

RETURN™

Educational wellness resource; not a substitute for individualized medical care. If you have a medical condition or a history of disordered eating, follow individualized guidance from an appropriate healthcare professional.