



Happy
Welly

**THE
REBEL
DIETITIAN**

Maryta Ibrahim

Welcome to Happy Welly



I'm Maryta Ibrahim, your guide on this exhilarating path to a nourished life. With a heart full of joy and a Master's in Nutrition, I've dedicated over five years to understanding the delicate dance between delicious food and a vibrant, healthy lifestyle.

At Happy Welly, we don't believe in one-size-fits-all diets or fleeting fitness fads. Here, we embrace the unique you. Our approach is as individual as your taste buds, blending science-backed nutrition with the freedom to enjoy food without guilt.

Know that your unique story is honored and your wellness dreams are nurtured. Here, we chart a course together to discover the harmony between savoring delicious meals and cultivating a radiant, healthy body. It's not just about the foods you eat, but about crafting a lifestyle that sparkles with vitality and satisfaction.

Imagine a world where your weight loss journey is not a battle, but a beautiful transformation. Envision feeling empowered, enlightened, and truly at peace with your dietary choices—a space where your well-being is celebrated with every healthful and hearty laugh.

So, if you're ready to step into a brighter, lighter version of yourself, let's join hands. Whether you're navigating emotional eating, seeking wholesome nourishment during pregnancy, aiming for healthful habits in the hustle of work life, or simply looking for a sustainable weight management plan – I'm here to support you.

Your wellness rebel,

Maryta Ibrahim



Conquer Cravings: Mastering Emotions & Eating

Conquer Cravings: Mastering Emotions & Eating" is a workshop designed to help participants understand and manage the emotional factors that contribute to their eating habits. The goal of this workshop is to equip attendees with practical tools and insights that enable them to establish a healthier relationship with food, overcome emotional eating, and make empowered choices that align with their wellness goals.



Workshop Overview:



- **Understanding Emotional Eating**

- Introduction to emotional eating and its triggers.
- Self-assessment exercises to identify personal eating triggers.
- Exploration of the psychological and physiological aspects of cravings.

- **Deliverables:**

- Participant workbook with self-assessment tools.
- List of common emotional eating triggers and their alternatives.

- **The Science of Cravings**

- Discussion on how various foods can affect mood and cravings.
- The role of hormones and neurotransmitters in hunger and satiety.
- Strategies for balancing blood sugar and managing hunger cues.



- **Deliverables:**

- Informational handouts on the science behind cravings.
- A cheat sheet of hunger-regulating foods and snacks.



- **Strategies to Master Cravings**

- Cognitive-behavioral techniques to deal with cravings.
- Mindfulness practices and their role in conscious eating.
- Stress management techniques to reduce emotional eating.



- **Deliverables:**

- Guide to mindfulness and meditation exercises.
- Stress management plan template.



- **Building a Supportive Environment**

- How to create a home and work environment that supports healthy eating.
- Understanding the impact of social situations and how to navigate them.
- Strategies for meal planning and preparation to avoid impulsive eating.

- **Deliverables:**

- Meal planning and preparation toolkit.
- Guide on navigating social eating scenarios.



- **Implementing Lasting Change**

- Goal setting for sustainable eating habits.
- Developing a personalized action plan to conquer cravings.
- How to monitor progress and adapt strategies over time.

- **Deliverables:**

- Goal setting worksheet.
- Personalized action plan template.



- **Certificate of completion for the workshop.**

