



fabric of life

counselling & psychotherapy

...weaving the threads together

The Missing Ingredient to Sustainable Weightloss

Whether your goal is to lose weight or generally improve your overall health and well-being – an integrated approach to addressing your physical, mental and emotional needs will always give you the best results. Why? Because you're simply not a body, nor a brain, nor a set of emotions – you are a unique combination of all of these. When all these aspects of ourselves are working in harmony with one-another, we find the inner peace and pleasure in life that we crave.

However, more often than not, our life is not in balance leaving us feeling incomplete, like something is missing. When we feel empty, we often fill the emptiness with food, alcohol or anything else that makes us feel immediately good. And this is where an imbalance can occur. Physically we can take on the disharmony of our emotions. Then when we look in the mirror, we don't feel good about the way we look and feel even worse emotionally. So, we eat to feel better, then feel bad, eat to feel better, feel worse, and so it goes on. This can be the start of a vicious cycle, which is often hard to break and damaging to our self-esteem.

Eventually, we feel so low about ourselves that we join a gym believing that if we exercise and change the way we eat, we will lose weight and feel good again. But what happens when:

- you lose the weight, but discover that whilst you look better on the outside, you still feel empty inside.
- you lose the weight, only to find that it creeps back on again as you continue to try to fill the void in your life with things that make you feel good.

- no matter how hard you work out, you still struggle to lose the weight, as you find that food is your friend and comforts you through the hard times.

This can lead to **yo-yo weight loss**, where our weight goes up and down with our emotions. In order to stabilise our weight, we need to stabilise our feelings and emotions, and only then can we regulate our health.

Many times, events and relationships from our past have shaped who we are today. We are a complex web of experiences that have been inter-woven over time. And sometimes the work needs to be done, to tease out the threads and allow ourselves to gently unravel in a safe and supported environment. Only then can we gain a better understanding of who we really are, who we want to be, and how we can work the two together.

Mali Farnell worked as a counsellor in the weight-loss industry in the 1990's. She is a qualified and registered professional counsellor who also has 10 years experience working with special needs. She holds a Diploma of Professional Counselling and has also completed study majors in Relationship Counselling, Grief and Loss Counselling and Workplace Relationships Counselling. Mali has a keen interest in helping people to draw meaning from their experiences as they bring about positive change in their life.

Call **Mali Farnell** on **0432 027 078** or email her at **malifarnell@aapt.net.au**. For more information about Fabric of Life Counselling & Psychotherapy go to **www.folcounselling.com.au**

*Some private health insurance rebates available

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