

# Balance365 Episode 143 Transcript

ANNIE BREES (Intro)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

Hello friends, we are here to talk about something that happens every year. And that's the season many of us in North America are entering now where they are bombarded with food for several months. A lot of people eat their way through Halloween, Thanksgiving, Christmas, New Year celebrations, and then jump on board a diet bandwagon in January. This repeats every single year. Now, no judgment. But there is a different way to navigate these food abundance seasons that honors your desire to celebrate and enjoy what each holiday has to offer, while also not taking your eating or body weight off the rails. As always, we've got some big picture and little picture tips to help you get through it. And lastly, if you haven't heard yet, Jen and I are hosting an amazing free live workshop in just a few days called "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." We're going to be helping you cut the mindset crap, cut the dieting crap, and cut the self sabotage crap so you can reach your goals for good. You can find the link to register for this free live workshop at [balance365life.com/free-workshop](http://balance365life.com/free-workshop). We hope to see you there my friends. Enjoy.

ANNIE

Hi, Jen.

JENNIFER CAMPBELL

Hi, Annie.

ANNIE

How are you?

JEN

Good. How are you?

ANNIE

I'm great. We are back with another episode. Talking about the period between Halloween and January that can feel super stressful for some of our listeners. Why is it stressful? I mean, in our scope.

JEN

Yeah. [Laughs] So we're talking specifically about the rapid change in food environment that happens from October till December.

ANNIE

Yeah, we kick it off with Halloween. Like, candy galore.

JEN

Yeah. Or in Canada, it's Thanksgiving, because we have an earlier October Thanksgiving and America has November. And if you're not from Canada or America, then you're like, "Oh, so, that's what's going on with all those North Americans." A bunch of our holidays are clumped in together in a short period. And, you know, we often start the celebrations off a little earlier than the actual holiday day, and then they run later. So it goes in Canada, it goes Thanksgiving, Halloween. And then we get a little break in November, and then it's into Christmas. But what I will say after working with you and working with many American women, I think the American timeline is more stressful than the Canadian one. The Canadian one is spread out a little bit more.

ANNIE

Yeah. Because you're, what is it, October 3rd? Is it that first...?

JEN

This year it's October 12th.

ANNIE

Or 12th, okay, so it's early October, but yeah. Ours goes Halloween, Thanksgiving, Christmas, New Year. Like bang bang bang.

JEN

Yeah. And it's all, so, it's more intense in the States I find.

ANNIE

And you combine that with the, even, not just the food environment necessarily, but the time of year when days are shorter, it's cooler out. People aren't getting outdoors as much. They're a little bit more sedentary. And it can cause some weight gain.

JEN

Absolutely. I think a lot of people put on weight during these months of the year, which makes the January diet train so appealing and why so many people jump on onboard different bandwagons come January 1st.

ANNIE

It's setting the stage, like, perfectly to knock it out of the park for New Year's resolutions.

[Laughs]

JEN

If you're a conspiracy theorist, you might think it's planned.

ANNIE

[Laughs]

JEN

But what I will tell you is that diet industry marketing budgets are primarily targeted at those months of the year because they know people are struggling.

ANNIE

Mm hmm. Talk to me about calorie clumping.

JEN

Yeah, so Dr. Yoni Freedhoff is an obesity medicine doctor here in Canada. He's out east in Ontario. And he's been on our show, wonderful podcast we had with him called "Is Long Term Weight Loss Possible." And that's, we'll link that in the show notes, awesome episode. He has a whole blog post about a theory that he calls calorie clumping. And so consider that Dr. Yoni Freedhoff has worked with thousands of patients over two decades. So he's seen it all. And he, in his experience, he talks about in this blog post, which we can also link to, is that people are not gaining weight year after year because of an extra couple of potato chips, here, an extra ice cream there. People are putting on weight year after year, because of what he calls calorie clumping, like, intense periods of eating high energy foods, or just a lot of calories in a short amount of time. So if you think about that, on a graph, it's not like, it's not like a gradual increase in weight, it's like way too stable, and then a calorie clump hits, your weight goes up. And then you might stabilize there, maybe you'll diet and come down a bit and go back up, then you hit another clump and you go back up. And so Annie and I have been doing this for six years, so not nearly as long as Dr. Freedhoff. And we've also had our own experiences, right? Of diet, culture and eating, and all of that. And I would say, I would say this isn't true for everybody. But I would say it is true for a lot of people, that they hit a period like we're in of holiday season, socializing, cookies everywhere, food offered at every social event. And those are the times they struggle, and those are the periods where they start putting on weight. And it's like a clump.

ANNIE

So what I hear -

JEN

The rest of the year they might be fine and okay.

ANNIE

Yeah, nine months out of the year, they're like pretty okay, maybe maintaining or maybe even in a deficit, maybe losing weight, if that's their goal. But then they can hit this stretch of three months, October, November, December. And -

JEN

It's just a real struggle.

ANNIE

Yeah, it is. It is. But we're going to talk about how you can navigate it.

JEN

Yeah. And I want to bring up a testimonial that we have, and we share it in our workshop, of a woman who talks about working with us and how radically different this season is for her now and how she's actually gone through this stressful November, December time and continued to lose weight because of the work she's done with us. There is no wrong answer. It is not wrong to put on weight in this period. Let's just get that clear. There's no morality here. This is about your goals, how you want to be living your life, the journey that you are on, and how this period of the year affects you. But this particular woman was on a weight loss journey. And the skills and tools she developed before this season hit helped her to navigate this season with ease in that she wasn't bingeing or going off the rails or calorie clumping as we talked about. And she just continued her weight loss journey all the way through.

ANNIE

Which isn't uncommon, actually, like we've heard that from a lot of women.

JEN

Yeah, even women who are shocked that they just maintain their weight. They don't go up in weight.

ANNIE

And they might even express some anxiety about entering into this season. And then they look back at it and they're like, "Oh my gosh, I didn't do the things I normally do. Like I did it, like I enjoyed the holiday party and then I moved on." Like, why is this? Why are they able to do that?

JEN

So big picture tips here. I've got two big picture tips for this season. Why women are able to do this, that we are working with, is because they have a healthy relationship with food. And hopefully their bodies, too, since usually that's a precursor for having an unhealthy relationship with food. So we talk about this plenty. If you have an unhealthy relationship with food, entering into periods where food becomes more accessible to you, is a total nightmare. Which is why we call this podcast the calorie nightmare of the holiday season. It feels like a nightmare. You can feel resentful of the holiday season because it's ruining your diet etc, etc, etc.

ANNIE

It's so many more opportunities to become aware that you have struggles, you can't stay in control. You can't resist temptations, like it's every corner.

JEN

So, you always had those struggles, but now they're bringing them to the surface.

ANNIE

Like, every day is, I mean, I remember last holiday season, it felt like I had a week in there, where I was like, I had an opportunity to go to a holiday party of some sort, like, four or five nights out of the week.

JEN

Yeah, I mean, yeah, depending on how social you are.

ANNIE

[Laughs]

JEN

Which would be the difference between me and you. [Laughs]

ANNIE

I was just going to say -

JEN

You know, I didn't have five invites to parties. Yeah. [Laughs]

ANNIE

I said yes to everything.

JEN

You say yes to everything. I'm introverted, have a way smaller circle than you do. So anyways, wah, poor me. [Laughs]

ANNIE

Anyway, so there's -

JEN

Not a problem to me. [Laughs]

ANNIE

- more opportunities to point out all the ways in which food is like controlling your life.

JEN

Yeah, absolutely. Yeah. So your relationship with food is so important and can really get you out of this calorie clumping issue that Dr. Freedhoff talks about.

ANNIE

And that's work that really needs to be done year round, not just your round, you can, you can certainly start it come October, November, December, you can start it at any time. But this is year round work.

JEN

Yeah. So as you navigate this season, just be mindful of your thoughts, and try and separate yourself as a person and your identity from your thoughts for a moment. So if you're feeling anxiety about a social situation, or you walk into a room, and there's just too much food, it's overwhelming for you, I want you to pause and notice your thoughts and let them come and go, "Wow, I'm really experiencing some anxiety right now. What's going on in my head?" Right? Because our feelings are driven by thoughts, but often humans are, some of those thoughts are happening unconsciously. And we're, the only thing we're really aware of is that we're getting anxious, right? Like our feelings are changing. So let that feeling be a cue to you to look at what you're thinking and to challenge that thought. So maybe that thought is, "Oh, my God, those foods are so bad, you're going to eat them all, you're going to be 10 pounds higher tomorrow morning." And guess what, you may have learned that thought process in your dieting days, that's very encouraged in the fitness industry to think like that, to shame yourself, to make every eating experience a total catastrophe. But is that true? Like, let's get serious. And I coach women on this stuff every day, those unpacking those thought processes. So if you want to not feel anxious, you need to revisit the thoughts that are driving those feelings. And then that can completely change your actions. So that's what I would recommend.

ANNIE

And that can look like, you know, I don't expect anyone to be in the middle of a holiday party and pull out their journal or make some notes on their phone and be like, "This is what I'm thinking about when I look at this cookie tray." [Laughs]

JEN

"One sec, I need to go to the bathroom."

ANNIE

[Laughs] Let me just journal my thoughts about this food. But it could mean, like at the end of the weekend, or at the end of the day, like, I had this experience at a party or had an experience where we're at, when I was out to dinner and I want to lean into that and dive into it and explore what what was I thinking and feeling that led to those behaviors?"

JEN

Mm hmm.

ANNIE

And no judgment.

JEN

No judgment, just unpack it. Right? And that is a great segue into the next big picture tip. And that is food scarcity mindset destroys people's eating experiences, period. So believing that this is the only time you can eat this certain food actually drives you to over consume. And we talked about this on the Halloween podcast and that a lot of the candy handed out at Halloween, or that you might buy around Halloween, is actually available all year round. There's nothing special about a lot of this candy. Now people might think differently around Thanksgiving and Christmas. They might be going home and their parents are making something super special that they had when they were a kid. And it truly does feel like, yeah, this is scarce. I only eat this once a year. And so first thing I want to say is when we overeat once in a while is that's not a big deal. It happens, but if this is a pattern for you, have a look right? Because patterns are really what we want to pay attention to. And so what I would ask is, is this really a scarce as your brain is telling you? Because these holidays come around every year. And the other thing is, if there's a certain recipe that you really like, like, you could really ask for the recipe and cook that meal year round, right?

ANNIE

Yeah. And so often, I think if people were honest, they'd be like, "Yeah, that food is great," or "My mom makes a mean casserole," or whatever. But ultimately, what they really value is the opportunity to like spend time with their family or the experience, the connection, the relationships that often center, or that food centers around. So, how else can you enjoy that without over indulging in food to where you like, have to unbutton your pants and take a nap after Thanksgiving dinner?

JEN

I would just, I think the pausing and being very aware of what's going on around you and indulging in the whole experience of the holidays, not just the food, and so on. On one side, you're saying that we crave this connection and the food becomes part of the experience and overindulging becomes part of the experience. But on the other end, we have people who have terrible relationships with family members, or just the holiday season can be very emotionally triggering for them, whether they have to run into people they dislike or not. And the overeating comes from this emotion, overeating or trying to avoid family members or eating because you're just so frustrated and you can't get away from this certain person, or yeah. Or you're lonely, because you can't spend the holidays with your family. And everybody, feels like everybody's together except for you. Like there's so many different reasons, right, that people over consume food, binge or overeat. So really just being aware, right, like, really being aware of yourself as an emotional, as a person who has feelings and thoughts and needs, and figuring out what those needs are that you have that aren't being met, and asking yourself if food is meeting that need.

ANNIE

Which, I think we got off onto a little tangent, but to circle back to - shocker. [Laughs] To circle back, coming back to that scarcity mindset, and then shifting that to a more abundant mindset. Food is always there.

JEN

Mm hmm. It's always there. And it comes around every year. And another example of this, because I know there's certain things you can get during the holiday seasons that you can't get other times of year. I experience this in the fall with pumpkin spice lattes [laughs] from Starbucks. Another woman I coached recently, or I guess would be last last spring, summer now. She loves having ice cream with her kids in the summertime. It's like a ritual. They go for a bike ride. They stop at an ice cream shop that's only open in the summer, they get ice cream. And so coaching her through that and having the realization that it is scarce, sort of. But summer comes every year. Like, this is an experience available to her every year. And she said that just completely changed her mindset about it. And I feel the same way about pumpkin spice lattes. When pumpkin spice lattes first come out, I'll have a couple in the week. Like I kind of like indulge a bit when they first come out. And then I'm like, "Okay, these are here for a couple months. And next fall they are back again." Once I worked through the thoughts I have about pumpkin spice lattes, it just calms me right down. And also being aware, too, around companies like that, like, the marketing of it. Like, they're only available short time of the year because they know people will rush to buy them.

ANNIE

Yes, limited edition.

JEN

Yeah, exactly.

ANNIE

Time's running out. Yes, totally. We also have some like, well, those were the big picture tips. But we also have some little picture tips. [Laughs]

JEN

Some little picture tips. Yeah. So, just to help you navigate the actual situation. So big picture. Keep working on your relationship with food. And keep shifting yourself from a scarcity mindset into an abundance mindset.

ANNIE

Mm hmm. Yes.

JEN

I can have this anytime. Yes. So, little picture tips are very much about just managing the circumstances you're in, like, more in the moment, like, at the party moment, things you can lean on. Because even somebody with a very healthy relationship with food can find themselves getting caught up in over consuming. Which you and I do sometimes even now so...

ANNIE

Well, and looking at these tips, these are all tips, skills, strategies, whatever you want to call it, that you and I still implement, right? Like, it's not like we're so evolved to like not needing any sort of support or strategy in place when we go to a party.

JEN

Absolutely. So the first little picture tip is do not starve yourself in anticipation for the holidays or a certain meal, because you are more likely to binge or overeat when you've done that.

ANNIE

Yes, I would say personally, it might not be uncommon for me to pare back or eat a little bit lighter, you know, the meal before, if I know I'm gonna go all in.

JEN

Yeah, and that's a great strategy. As far as just a smart, sensible nutrition strategy. If your goal is to have a balanced, to be balanced nutritionally, it would be, "This evening is going to be a very heavy meal. I'm not going to starve myself, but I'm going to eat a bit lighter earlier in the day."

ANNIE

Yes, but we're, we're saying like, don't skip lunch, because you're gonna go all in on Christmas dinner.

JEN

Right. Or you're gonna be drinking from the gravy boat by the time six o'clock rolls around.  
[Laughs]

ANNIE

Sounds amazing.

JEN

Gravy on all the things.

BOTH

[Laugh]

ANNIE

Can't get enough. Okay. Also, another tip would be to load your plate up with energy light and energy dense foods.

JEN

Yeah, so calorie clumping and the resulting weight gain that can happen for people during different periods is because they are just overeating on energy dense foods. And by energy, I mean calories. And I know that's just even a triggering word for people to talk about. And they

associate it with diet culture, but I'm talking about it just in a factual sense, food has calories. It's where human beings get their energy from. Some foods are very energy dense, and some foods are a little more energy light. And so when you're looking at creating a plate for yourself, just be mindful of that, right? And look, if your goal is to like not care, be all in, do that, too. That certainly is an option. This is for those who are trying to be a bit more mindful at their dinner or not just their dinner, but the whole season, right? Understanding that it's not just this one meal, it's going to be meal after meal after meal. So have a look at your plate. And do you have a good balance of energy light foods with your energy dense foods?

ANNIE

Yeah, absolutely. Another one is to listen to your hunger and satiety cues.

JEN

Yes. So.

ANNIE

So smart.

JEN

Of course. [Laughs] Eat when you are hungry, and stop when you are satisfied, is what we recommend most of the time. You're not a failure if you're not doing this 100% of the time. But what I want to say is that a hunger scale is a scale. So there's different levels of feeling hungry, and there's different levels of feeling satisfied, right? Like you could feel satisfied. And then you could feel full, then you feel over full, right? Like there's different levels you can get to and if you can just not be all or nothing about it. So here's what dieters do, they let themselves get hangry. And that leads them to catapult to the other end of the spectrum of eating. So they're eating till they're over full, so they feel sick, like that is the typical life of someone who binges and restricts, it's just under feeding, overfeeding, under feeding, overfeeding. So in Balance365 we talk about eating when you're hungry and stopping when you're satisfied. So yes, we can experience hunger and we can even experience hunger for an amount of time and not react and treat it like an emergency and then we feed ourselves appropriately and we stop and we're satisfied, right? You could also say, "I'm going to eat past satisfied at this meal, but I'm not going to eat till I feel sick," right? You can find that even a middle ground of overeating type thing. So instead of eating to a seven, like our hunger scale, we have a hunger scale in our program. So, and our Balance365ers listening, we generally recommend eating until you're satisfied, which is about a seven. You might say, no, this meal, I'm eating to an eight. And I'm going to do it and it's a conscious decision. It's not an out of control thing that's happening. But you're not going to eat to a nine, right, like you're not going to have to like roll off the table and roll to the couch and lay there until you feel better.

ANNIE

Right. And Jen and I have both done that. Like I don't know about the rolling, [laughs] but we have both done that and that's part of finding that middle ground, that moderation.

JEN

Yeah. But to be honest, since I stopped dieting, I don't remember the last time I've eaten until I felt sick, which was actually a regular occurrence for me as a dieter, like, overeating. Sure, feeling a little uncomfortable after I eat. Yeah, I've done that. And it's like, sometimes I choose to do it. And sometimes I'm like, "Oh, dang ate too much."

ANNIE

Yeah, it can be totally intentional, and sometimes unintentional.

JEN

Yeah. But I have not treated my body that way since I stopped dieting, that where I felt, like, physically sick after a meal, which was a pretty normal occurrence for me as a dieter, but yeah, so there's different levels of hunger. Try to eat when you're hungry, stop when you're satisfied, or just consciously make the decision of saying, "Yeah, I'm probably gonna overeat at this meal."

ANNIE

Yeah -

JEN

Which is fine.

ANNIE

What I really like about hunger and satiety is, personally and I know, for a lot of our members, it's really been eye opening that actually what I'm eating isn't quite as important as how much I'm eating. And so it takes the pressure off of perfectly balanced meals all the time, you know, like, I can eat. In this case, as we just talked about in the tip before, more energy dense foods this meal, and still pay attention to my fullness cues. Another tip, move away from the chip and dip bowls. So this boils down to like environment, right? Where were you in the environment.

JEN

Yeah, so a lot of people, you know, just with different social occasions or holiday meals, by the time dinner comes, they've eaten so much of the appetizers that they're like full going into their holiday meal, which is, it's just there's so much food, and it's very exciting. And we all know, it's very exciting. But if you can just move away from the food, just move up, don't sit beside the chip bowl, just move away from it, and you're less likely to be eating it. And you know, we have to do this without demonizing the food or demonizing your food behaviors, just understanding we're all products of our environment. And when food is within arm's reach, actually, Dr. Traci Mann talks about this in her book, and she runs the Eating Lab. She's a food psychologist, she runs the Eating Lab at the University of Minnesota. And studies show that if something's just within arm's reach of you, you are eating more of it. It's just your humaneness. And that's okay. So being aware of that and just moving away from the food.

ANNIE

Yeah, just a few steps can make a difference. Also pack up food after you eat.

JEN

Yes. So don't sit around. And so that's like, the other end, right? So don't sit around the food after you're done. So sitting around the table while food still sitting, you know, just leaving the food out and picking at it. So again, this also comes down to environment and pack it up. Get it in containers, get it in the fridge.

ANNIE

Yeah, well, and if your family is anything like my family, it wouldn't be uncommon to have a nice meal and then sit at the table. Just conversing.

JEN

Just visiting. And then you just keep picking and then someone's like, "Who wants dessert?" And you're like, "Oh."

ANNIE

Yeah, you're like, you're sitting there for another hour, two hours. And you're like, I have now like, eaten a whole additional meal. [Laughs] But just little nibbles. here and there. Yeah.

JEN

Yeah. And then eat what you really like. So look, I love my grandma. But all growing up, she would make this jello-y salad situation that my parents would make me eat, like, it was not polite to not take some and I'd be like, "Oh." And just don't do that. Just don't eat food that's not worth it for you.

ANNIE

Yeah, I actually am not a big turkey fan.

JEN

Oh. Well skip it.

ANNIE

Yeah, but like, but for so long, I was like, I felt obligated to eat turkey on Thanksgiving because like, that's what you do. And actually, now that I have like, let go of food rules and morality and like, "No, actually I get to choose for myself and like, I'm not eating turkey."

JEN

Yeah, that's fine. Hey, what do you like? Tell me what you like.

ANNIE

I love green bean casserole.

JEN

Oh my gosh, me, too. Love it.

ANNIE

[Laughs]So good. Homemade mac and cheese. Any brussel sprouts side dish. If I can get mashed potatoes with like sour cream and a little garlic mixed in.

JEN

Bacon?

ANNIE

Yeah.

JEN

So are you a gravy person or not?

ANNIE

Yeah, I really like to...I don't...This is gonna sound gross. Maybe it's an Iowa thing. Corn, mashed potatoes and gravy.

JEN

I've never had corn and a holiday dinner. Never. So.

ANNIE

Oh.

JEN

I mean, Iowa is the corn capital of the USA.

ANNIE

Maybe it's an Iowa thing, but I don't know. What are your favorite holiday foods?

JEN

I love turkey. So like just turkey, mashed potatoes, stuffing. Do you do some stuffing?

ANNIE

Yes. Good call.

JEN

Oh, stuffing. Gravy. You know, I've already touched on my love of gravy earlier. And then yeah, just like a green bean casserole would be delicious. And I would feel very fulfilled by that. I would not, I would pass on the jelly salads. I also, my grandma, my other grandma, actually, she used to make mashed turnips. And I love them. I remember being little though, and my sister brother would be like crying because my mom would make them have turnips every year that my grandma made. So I really like mashed turnips as well.

ANNIE

I've never had those.

JEN

Oh, might be a Canada thing.

ANNIE

My aunt Jan every Christmas makes a cookie plate. And it's probably 10 different types of cookies and fudge and chocolate covered pretzels and, like, all the cookies. And I remember being a little kid and just, like, devouring everything I could, everything I could. And now I'm like, no, I go in like, "No, I'm gonna have one of these, one of these, one of these. And then I'm done."

JEN

Yeah, so just for everybody listening understands once you start practicing internal cues, which is a skill. So it is a practice, this isn't something you are ever get perfect at, it's not something you need to judge yourself as pass or fail. It's a skill and you need to let yourself get better at it the way you let your children get better at certain skills, tying their shoes, making their bed, learning to walk. Right? Grace and patience. But one thing that will happen to you after you start listening to internal cues is you hate the feeling of being over full.

ANNIE

Mm hmm.

JEN

And you crave - dieters crave that feeling, but I would say Balance365ers fibers just loathe it. And so your, everything just starts clicking. And when you go to fill up your plate at a holiday meal, you'll just, you'll take less than you ever have before. Because you're just, you become very aware of what your appetite is telling you how much it needs, again with practice, and you'll just be able to finish because part of your experience in the world is being comfortable in your body. Like part of having a very fulfilling, valuable experience in the world is being comfortable in my body. And in this moment. And this experience is more important to me than the food.

ANNIE

Right on.

JEN

Yeah. But the last thing I want to say out of all of these tips, right, the big picture and the little picture. This all comes down to frequency, right? There's not like one meal that is going to make or break anybody's nutrition goals, weight loss goals. This is about being mindful of the trajectory you are on and looking at your patterns of behavior, not the one off meal here or there.

ANNIE

We also have, Jen, I wanted to extend that invite. Can I do that?

JEN

Oh, yeah, do that. We're having a free workshop coming up.

ANNIE

A free workshop. We will put the link to sign up for that in the show notes. Jen, do you want to tell them about what they can expect?

JEN

Yeah, so Annie and I are doing a workshop called "Cut the Crap." And we've actually done this workshop live before, and amazing response to it. And so many people asking us to do it again. So we've updated it. And we are doing it again. And we are really digging into, we're leaning more into tough love here, which we lean into tough love with compassion as well. We're not drill sergeants, but just a little more tough love around nutrition mindset. What it really takes for long term weight loss with those who are interested.

ANNIE

Yeah, so it's called "Cut the Crap." We will drop the link to sign up for that totally free. Hope you can join us, we'll drop the link for that in our show notes. But it's a series, it's going to be a series helping women cut the diet crap, the body shaming crap and the self sabotaging crap. Which, the self sabotaging crap -

JEN

Stop self sabotaging, yeah.

ANNIE

- is strong in a lot of you. [Laughs]

JEN

Yeah. And you can also, like, it's at [balance365life.com/free-workshop](https://balance365life.com/free-workshop). So you can go there and sign up and joining us live is fun. I think we have so much fun at our workshops.

ANNIE

It's like the podcast except in real time.

JEN

Yes.

ANNIE

And if you can't join us live too, you can always catch the replay.

JEN

You'll get a, yeah, we'll send you a copy of the recording and it'll be available for a limited time for you to watch.

ANNIE

And by we, we mean our amazing team. [Laughs] Jen and I could not do it all. Okay, well, anything else to cover about the calorie nightmare of the holidays, Jen?

JEN

No. Reach out to us if you're struggling. We're here for you.

ANNIE

Yeah. And we hope that you have a holiday season full of food you love and company you love and experiences you enjoy.

JEN

And strong boundaries with the company you don't love.

ANNIE

Which might mean like, "No thanks, we're not coming." [Laughs] Okay, thank you, Jen. We'll talk soon.

JEN

Bye.

ANNIE

Bye.

ANNIE BREES (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head over to [balance365.co](https://balance365.co) to enroll in next month's coaching round. See you on the inside.