

Balance365 Episode 148 Transcript

ANNIE

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

Hi friends, welcome back to another episode of Balanced365 Life Radio. I'm going to be honest, this is one of my favorite topics and I don't think we've covered it so directly in our podcast before and that is, let's say you've been bingeing for a month straight now, whether you're coming off holidays, a vacation, summer break, you've been bingeing for a month straight. Now what? It is not uncommon to find yourself sitting with maybe some impulses, some thoughts, some desires to do something extreme, restrictive, drastic, intense. And on today's episode, Jen and I are going to tell you exactly what to do and what not to do. I hope you enjoy it my friends.

ANNIE

Hi, Jen, how are you?

JEN CAMPBELL

Good. How are you?

ANNIE

I am so great. We are talking about what to do when you've been bingeing for a month. Have you ever binged for a month?

JEN

Well, definitely back in my dieting days. Definitely.

ANNIE

Yeah. Yeah, same. And we have some some do's and don'ts, even on what to do if you find yourself like in the midst of a binge.

JEN

Yes. So this is going to hit home for a lot of people because we just came through the time of year where we are all living in these insanely food abundant environments. And a lot of people feel like they white knuckle it through the season, only to end up bingeing through the season. And feeling like, "Okay, I'll just get started in January or restart". So let's talk about what they can do if they've been bingeing for a month straight, to shift their mindset and get themselves realigned with where they want to be.

ANNIE

Let's go, let's do it. [Laughs]

JEN

Let's go.

ANNIE

Okay, so point number one, focus on how you feel in your body, not how you feel looking at your body.

JEN

Right, so we all have internalized fat phobia, we all have internalized shame around our bodies. And if you are standing in the mirror, looking at yourself, looking at any weight gain you might have experienced, and it might even just be bloating, because you've been eating a lot, drinking a lot. You will likely be on this self shame spiral. And the only thing that can pull you out of that, well, I wouldn't say the only thing but for a lot of women, what can pull them out of that is executing an extreme weight loss plan. It's all about getting out of pain. So we don't want you executing on a big extreme weight loss program. Well, I mean, you do you, boo. But what we would say is that we will set you up for future failure right? That keeps you on the diet roller coaster, it actually takes you further away from your long term goals, not closer to. Close your eyes. How do you feel in your body? And how do you want to feel in your body? Do you feel heavy, sluggish zapped of energy? Then yes, let's, totally, we can do this, we can take this nice slow behavior change process.

ANNIE

I would also offer that it's not uncommon to see women have this experience when they step on a scale or see a photo of themselves post holiday, you know, like they're tagged on Facebook or Instagram or whatever. And they're feeling some type of way about their body and then they see the scale, the weight, or they see a photo and then they have a whole different experience. Right? So really focusing on how you feel in your body versus -

JEN

Yeah, than looking at it or being triggered by a number and why? Because people in a reactive state rarely make good rational objective decisions for themselves.

ANNIE

So take a deep breath, calm down.

JEN

Calm down. What is the, what is the next step forward?

ANNIE

And that walks us right into point number two, which definitely the next step is not a diet. Do not diet, my friends, you will make it worse, which we have talked about before.

JEN

Yeah, you'll be done your diet by February.

ANNIE

[Laughs]

JEN

You'll be, we know it. [Laughs] You will start strong, you'll be super motivated. And like every other diet people do in history, you run out of steam, you crash, your physiology kicks in, you start gaining weight back and you're on the swing, you're on the swing. So number two, do not diet. But that doesn't mean you can't make a plan, which walks us into point number three, make a plan to get back to your habits. So, what are those day to day habits that make you feel really good? Allow yourself grace to build up some consistency. Revisit the Balance365 fat loss equation podcast and just nudge the wheel back to the trajectory you want to be on.

ANNIE

Yep, it takes us back to your Mario Kart analogy. You know, swing from extreme to extreme, like just small...Small shifts in the wheel to get you back on track.

JEN

Yes. Number four, is to track your habits. And so, two reasons for this. But the first one is, it's often not as bad as we think it is. Right? So if you've been bingeing for a month straight, and you've, especially if you've had some body image trigger, you are probably catastrophizing the last month. And so tracking your habits objectively, without judging yourself, can actually show that you're doing a lot right, right now.

ANNIE

Right. But what can happen is we let a few, maybe less than perfect meals convince us that we are off track, off the wagon, and, "Okay, screw it. Like, let's just go all in." When if we were just to zoom out and say, "You know what, two meals over the course of a month? Not a big deal."

JEN

Yes, yes, yes. But even if it was 20 meals, I bet there are a lot of habits that are still really healthy. Like, I bet you kept up, you were, I bet you were eating some veggies in there. I bet you were drinking some water in there. Maybe you got some movement in. But yeah, so just to get you out of, to get you into a more reactive place is to start tracking your habits, but also creating reasonable goals for getting back to your usual habits. And then start tracking that, and letting yourself build up, build back some consistency with those habits, again, whether it's movement, if your movement fell off the radar over the holiday season, if it's listening to your satiety signals at your meals, etc.

ANNIE

Right on. And I love that you said, noted, thinking about what went well. I firmly believe that what we give attention to grows and it's just, it's just hard to show up for a happy, joyful life when you're riding your own butt all the time. Yeah, give yourself a pat on the back for things you did well, right?

JEN

Yes. So we need to, at some point, if we want to get on top of these patterns that we get in, so, if you're somebody that finds, "Wow, I do this every year, every holiday I go on, or every day, or you know, every vacation we take, I get out of control with my food." So if that's just a pattern you have in your life at some point in order to change it, we need to look back and reflect on it. So yeah, what went well, like, what goes well? What doesn't go well? And what would I rather do instead? So what triggers do you have that lead to overeating? Like, what are your triggers for overeating? Is it your mom? Is it stress? Is it your kids, spending too much time with your kids? Is it just that the food is really good and you start having these scarcity mindset thoughts as you're sitting there and feeling like, "I gotta eat this all because I'm not gonna get it again till next year?" Everybody will have their own individual triggers and to reflect on what those triggers are. And it's just that there's some that are very common and yes, this food scarcity mindset, but a lot of people sink into despair over the holidays. They have, like you were saying, one or two bad meals or I said less than ideal meals, and then they sink into despair, "F it" the rest of the holidays, who cares? A lot of victim mindset stuff. Black and white thinking, perfectionist thinking, those would be common triggers for people to be overeating.

ANNIE

Yeah. And can I add, too, when you're reflecting on what went well, if you're new here, I think it's not uncommon for women who are still in a diet mindset to think what went well was, I was doing so good. I was on track. I was like, hardcore, I was so dedicated. I had like, such good discipline, when really, they were dieting, right? It's labeling all this restriction and scarcity as discipline and willpower.

JEN

So, what you might find on reflection is, it's actually that mindset, that is a trigger for you, because it set you up to start overeating and binge eating, right?

ANNIE

Yes, exactly.

JEN

And then the third part of this is we need to start identifying our canaries in the coal mine. And so that analogy is related to, it's like an old school analogy that if the canaries started singing, or maybe dying, actually [laughs] in the gold mines, then the people working in them knew that there was a, I think, like a gas leak or something like that.

ANNIE

Yep.

JEN

Yes. And they needed to get out of there. So often, there are indicators that we are about to be triggered, or that we're entering a zone, where we are likely to overeat. And what are those? And can you make a plan for identifying the canary before you're actually in the red zone and super triggered? When you're super triggered, that would be the most difficult part to pull yourself out of a pattern of behavior.

ANNIE

Yeah, so this is comes down to being a little bit more proactive.

JEN

A little more proactive, yes.

ANNIE

And setting yourself up for success to engage in the behaviors you want more of.

JEN

Yes. So maybe your obnoxious Uncle Joe is going to be a Christmas dinner. And he's there every year. And every year he triggers you, and you are angry and stressed and eating and trying not to say anything to him and start a big family feud. So when you're in the moment, trying to pull yourself out is going to be difficult. But a canary could be your mom inviting you for dinner and saying Uncle Joe will be here on this day. And you can start proactively thinking about strategies for getting through the holidays with Uncle Joe.

ANNIE

Boundaries.

BOTH

[Laugh]

JEN

We've got a podcast on that. I'll link it in the shownotes.

ANNIE

Yeah.

JEN

Yeah. So what are your canaries in the coal mine?

ANNIE

I like that. What are your canarie, Jen, do you have any?

JEN

I find myself scrolling into social media mindlessly, is a canary in my coal mine. Like, I'm trying to check out of something. What is it? And it's like my early stage of checking out before things get real bad. So scrolling social media mindlessly is a canary in the coal mine for me, and I've gotta, I can stop and go, "Well, why am I doing this?" Let's not let things get real bad. [Laughs]

ANNIE

Yeah, mine is like an increase and frequency in drinking alcoholic beverages.

JEN

Yeah. What's this about?

ANNIE

Yeah, same thing. I'm trying to check out something, like what am I avoiding here?

JEN

Yes, exactly.

ANNIE

Okay, the next point we have is to own your actions and take responsibility for the consequences of those actions.

JEN

Mm hmm.

ANNIE

Which is a little tough love.

JEN

It's a little tough love. But getting out of victim mindset is really important for people who want to make lasting change. So a victim mindset is, I'm not talking about actual victims who have been actual victims of things, I'm talking about the thoughts and feelings of powerlessness we lean on when we're trying to avoid taking responsibility for something. So the bottom line is that if you've been through the last month, and you're not too happy with the consequences of that, you need to take responsibility for the actions you took, right? Like in the end, you did still choose to do the eating.

ANNIE

Yeah, and I know there might be listeners that think like, "Oh, that kind of sounds like you're coming down on me," or, "I'm coming down on myself." But what I know now when I hear that is, that's the best place I want to be in, because if I was part of the problem, quote, unquote, then I am also part of the solution. And that means I have the ability to make different choices and I will bet on myself 10 out of 10.

JEN

Yeah. So taking responsibility can be a very empowering place to be, it is the most empowering place to be. So not blaming your bingeing on circumstances, not blaming it on Uncle Joe, not blaming it on your kids that we're fighting, not...Like, really taking responsibility for the actions you took. And you know, there is no quick fix, but going through what you and I have just been covering here, like, what am I going to do differently? How am I going to set myself up for success next time, you know, allowing yourself grace and compassion as well, because you are a human being, we aren't robots. We are human beings, we have emotions, we have dark thoughts. We all have an inner toddler that just wants what they want. All of us, me, Annie, everyone listening. But when we really own the actions we take and take responsibility for consequences, we will start to see real change in our lives.

ANNIE

Yeah. And that puts you in the driver's seat, and you can go wherever you want with that, like, that's where I want to be.

JEN

Yes, and on the note of dieting behaviors, because again, we know a lot of people listening that have been through the last month, we know they're contemplating some diet for the new year. I want people to start owning that they chose to do a diet or a fast fix. And I want them to start owning the consequences of doing that. Because there's actually a lot of victim mindset in that regard. And that, "Poor me, I failed my diet again, the diet industry preyed upon me," all of that. And look, the diet industry does prey on people's insecurities. But if you listen to this podcast regularly, you should be pretty woke about what's happening here. I actually coached a woman yesterday who was considering some extreme dieting behaviors, and I just wouldn't, I just I wouldn't let her off the hook. I said, "Okay, what, you're contemplating this, and I'm not going to talk you out of it. That's not my job. My job is to make sure you have the right information and to encourage you to choose, and be fully in that moment where you are choosing and know that the consequences of this choice belong to you." And all of a sudden, she was like, "Yeah, I don't want to do that."

ANNIE

Well, and there's so much power in even just acknowledging that it's a choice. It is a choice. It's not your only option, you are not forced into dieting, it might have felt like that at one time. But -

JEN

Yes.

ANNIE

Yeah.

JEN

And even, you know, I would say my dieting behaviors for a decade didn't feel like a choice, it felt like the only option available to me, that's just what women do, we diet, you got a weight

problem, you diet. But if again, if you've listened to this podcast regularly, if you're new here, you might want to go back and listen to some of our previous episodes. You know, diets have a super high failure rate, you know, they're not sustainable, you know, you're probably triggered and in a very reactive state, and you don't make good decisions for yourself in that state. We never do as humans. And so you're aware of all those things, you're aware of the odds of rebounding with your weight are very high. So just think on that, and then choose.

ANNIE

Right. And then the last point we have, if you have found yourself in a month long binge is to get support.

JEN

Yes, get support, you could join this coaching program I know of. It's very good.

ANNIE

It's called Balance365.

JEN

[Laughs]

ANNIE

It is amazing. I'm just, I'm done sugarcoating, or like being soft and humble about the work that we do. Like, we have a lot of women getting amazing results, sustainable results, living a life that they love with the skills that they need. We just talked about this yesterday. Ultimately, our goal is for women to get the skills and knowledge they need, get the results they want. Get out, go live your life.

JEN

Mm hmm. Totally. This food and fitness and weight loss does not have to be a focal point of your life.

ANNIE

Yes, right. And on the support front, we know that one of the best ways to cultivate and nurture a new identity of someone that is calm and reasonable and balanced and healthy is to surround yourself with people who are pursuing like minded goals, right?

JEN

Absolutely.

ANNIE

And that's why our community, even if you don't join our our coaching program, spending time with, engaging on our social media, listening to our podcast, sharing our podcasts, blog posts, like, all of that as a way to help cultivate that new identity versus a dieter's identity.

JEN

Yeah, absolutely. So let's recap real quick.

ANNIE

Okay.

JEN

You've been bingeing for a month straight. Now what? Number one, focus how you feel in your body, not how you feel looking at your body. So let's get ourselves out of a reactive triggered state into a more calm, objective, reasonable mindset. Number two, do not diet. I repeat, do not diet, things will get worse. Number three, make a plan to get back to your habits. Allow yourself grace to build up consistency, revisit the Balance365 Fat Loss Equation, that's a podcast, we'll link it in the show notes. Number four, consider tracking your habits, because it's never as bad as we think. Number five, reflect on what went well, what didn't go well, and what you want to do instead. Please do this in a very compassionate, loving way. You can get out of these patterns of behavior, it is totally possible. Number six, own your actions and take responsibility for the consequences of those actions. That is the most empowering place you can ever be as a woman. And number seven, get support, join Balance365 coaching, let's get this over with. Let's do this thing.

ANNIE

Yeah, let's learn the skills and adopt the mindset and the identity. So we don't have to do this forever and ever.

JEN

Yeah, let's do this!

ANNIE

Like it doesn't have to be this way. You have choices. Okay, that was quick, efficient, effective. Hopefully.

JEN

Yes, that's what we specialize in around here.

ANNIE

[Laughs] Simplified. All right. Thank you, Jen. This was great.

JEN

Talk to you later. Bye.

ANNIE

Bye.

ANNIE (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 that's to enroll in next month's coaching round. See you on the inside.