

Balance365 Episode 178 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 1000s 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

Just one. Gonna have just one. Have you ever said that? Sounds familiar. But then that leads to another, and another and another. And pretty soon, you've eaten the whole bag of chips, the sleeve of crackers, the tub of ice cream, whatever it is, I've been there, you've been there. I guarantee 99.9% of you listening have also been there. And that's okay. Unless of course, it's becoming a pattern and a problem for you. So today, we are going to be talking about the three most common reasons you can't eat just one and what you can do instead. Now before we start, if you love our podcast, wait until you work with us. The Balance365 coaching program opens up just a few times a year. And if you want and you've got to get yourself on the waitlist, head over to the link in our show notes to get all the details.

ANNIE

Jen, do you want to give everyone a little behind the scenes about where you're recording right now? [Laughs]

JEN

Yes, I'm in my closet.

ANNIE

[Laughs]

JEN

And I moved. And my sound in my old office was perfect. But it was a small room. It had carpet. It was like the perfect setup. My new house. There's no carpet. And the ceilings are higher. And this is the only room I have that doesn't echo.

ANNIE

Yeah, and I think I've shared this before, but I record in my bedroom for similar reasons. And I currently have a big Yeti tumbler holding up my microphone, which I think this does have some tie into habits and weight loss and improvement of your wellness, that sometimes people have this like grandiose, beautiful picture, perfect image of what they need to get started. Like a

podcast, I need a studio. I need the best recording equipment, I need the space or like we have got a tumbler as a podcast mic stand. You're in your closet. And we're doing great, like just start, just do it. Right?

JEN

Yeah, I feel like I'm returning to my roots, actually. Because when we started this podcast, I was living in yet another house and had a couple moves since then. And I was also recording from my closet in that house. Full circle here.

ANNIE

Yeah. [Laughs] Back to your roots. Well, let's get into today's topic, because this is, it's a big topic. And a great start or maybe an extension rather to the conversation from our recent podcast episode 171, the four reasons you don't have self-control around food. If you haven't listened to that episode, go check it out, because that episode does a deeper dive into the physiological and psychological issues around chaotic overeating habits. But today, we're going to be talking about a very specific circumstances where you tell yourself just one, I'm just going to have just one. And it's never just one, right? [Laughs]

JEN

Yes.

ANNIE

But you know, we always say this time and time again, your nutritional choices are unique to you. But we are going to share the three most common issues that we see in our members and our audience, that we hear time and time again. But we of course would love to hear if this podcast sparked any observations from your own life. Do you do any of these, Jen?

JEN

Yeah, absolutely. I've got some stories to share as we go through.

ANNIE

Yeah. So if any of this resonates with you, drop us a line on Instagram or Facebook. We love chatting with you about what you're learning, what you're hearing, what your takeaways are from listening to the podcast. So don't be shy. Say hi. We'd love to hear from you. Let's get into number one.

JEN

Yeah.

ANNIE

You want to take it?

JEN

No, go for it. This is your, this is your word.

ANNIE

The number one reason why we see so many women struggling with eating just one is you're prone to getting the f*** it's. That's the adult version. Sometimes you say "Screw it's." Right? Do you want to describe what that is, Jen?

JEN

Yeah, I mean, it's really rooted in an all-or-nothing mindset, which if you've been listening to our podcast for any amount of time, you know, comes up constantly, because it is honestly one of the biggest saboteurs of health, wellness, weight loss. So what that might look like is, you have one cookie, and say, "I've ruined my day." So then you eat five, right? Or other thoughts, you know, "Might as well start tomorrow. I'm being bad. So I'm going to be really bad."

ANNIE

Yeah. And you know, what I hear, too, and this is really at the heart of this is perfection.

JEN

Absolutely.

ANNIE

I didn't follow my perfect plan perfectly. I made one, quote-unquote, poor choice, bad choice, undesirable choice. And now it's all gone to crap.

JEN

Yeah. And I think, you know, where we hold so tight to that perfectionism, that when we have just a little of something, we are flooded with so many overwhelming moralizing, shaming, judgmental thoughts about ourselves that we think "Screw it," and you just start eating without abandon, right? You think it's about the food. But what I think it is, is the pressure being released around perfection.

ANNIE

Yeah.

JEN

So it's just like, you hold on to that perfection all day long. And it's so hard, and it requires so much mental energy, that as soon as you deviate a little bit from the path, it's like releasing your pressure cooker. [Laughs] And you're just, yeah.

ANNIE

Yeah. So what's the solution in that situation?

JEN

So solution, like big picture solution is we got to let go of these perfectionist plans, right? If you have a health and wellness plan for yourself that doesn't involve flexibility, self-compassion, letting yourself be human, then it's never gonna work.

ANNIE

And even just challenging the belief that you need to be perfect to get results. So often, in our coaching group online, in my inner circles, I hear women talking about consistency, but their definition of consistency is like this low-key perfect. And I'm like those are not the same, my friend, they are like -

JEN

They're not the same.

ANNIE

We need, we often need consistency to see change to get results, right? We don't need perfection, right? That'd be great, if we could be, but that's not usually what happens.

JEN

So, but in the moment talking about, you know, if you're in the moment, you've got to slow it down, you've got to pump the brakes in your head. So, and I just want everybody to kind of sit with this for a moment and kind of think back to the last time this happened to you. Your mind starts racing, right? And it's so overwhelming, that you just start eating the food. Maybe I'm just speaking for myself. [Laughs]

ANNIE

No, no, I mean, that sounds true to me. [Laughs]

JEN

And so you've got to develop the self-awareness or the skill to slow down your thoughts. Right? Or just pause and decide what you want to think. Right? So this will feel uncomfortable, but not after you do it for a few times.

ANNIE

Yeah, and like, I mean, think about this, maybe away from food. If I am, for example, drinking some coffee this morning, and I bump my cup on the countertop and I spill, a little splash goes on my shirt. I don't sit and pour the rest of the coffee cup on my shirt.

BOTH

[Laugh]

ANNIE

Right? I'm not like, "Oh, screw it, the shirt's ruined, I might as well just like go all in," right? You're like, "Oh crap, I'm gonna get some Tide cleaner. Whatever, change my shirt, move on."

It's not like the mistake or the initial decision. It's usually like the series of choices that follow after it that get us in a real spiral,

JEN

Yeah, but even thinking like that coffee cup analogy, as far as what happens in your brain when you deviate from your perfect plan, so if you spill your coffee and your thoughts start spiraling into basically, "I ruined my whole morning, now I'm going to be late," you know, all of that. And then you start acting chaotically. So in that situation, if I told you that we got to pump the brakes on what's happening in your head, you need to bring it down a notch. It's just coffee. We're gonna wipe it up and we're gonna move along. It's just a cookie, you had a cookie, we're gonna finish, move along. [Laughs]

ANNIE

Right. And we say, we really encourage women to practice like non-judgmental observation of their thoughts. And to me, that sounds like, "Oh, you spilled some coffee. Time to change your shirt. Time to clean it up," you know, whatever. It's not like, "How could you spill your coffee? Gosh, you're such a failure. Like, I can't believe you did this again. Your whole day is ruined." Like you said, you know, it's like, no, let's just describe what happened. You spilled your coffee. You had a cookie, you had a handful of goldfish crackers.

JEN

Yeah. And, you know, that's just, that's a fact. Right? And we bring feelings into things. And as soon as we bring the feelings, the judgments, all of that, that's when things start to spiral. So that's the part of the cycle that you've got to get better at addressing.

ANNIE

And sometimes to, as Jen said, about, it will feel uncomfortable. After you do it, while you're doing it, while you're thinking those thoughts the first few times, you might even notice that you don't have the awareness until after you do the thing. And then maybe awareness starts showing up like amid mouthful, and then with continued practice and consistency, then you're starting to notice the awareness before you actually engage in the behavior that would have been typical for you, right?

JEN

Yeah, this is not an overnight change, right? So you're not gonna wake up tomorrow and be great at this. It's more like you can commit to this right now. And in two months, you can realize you've gotten really good at this.

ANNIE

Yeah. Okay. Number two, this is probably my favorite, not just in, not just in this topic, but just in general. What is it Jen? What's the second reason why you can't just eat just one?

JEN

You lie to yourself. So, in this podcast, we often talk about the complex relationships people have with food, and how our choices can be influenced by so many things, right? Mindset, environment, the season of life we're in. And we think that one of the reasons people can't have just one is because they are lying to themselves about their ability to have just one in that specific circumstance. Does that make sense?

ANNIE

That makes absolute sense to me.

JEN

So an example of that is, you're starving, you're stressed, you're exhausted, etc. And you tell yourself that you can have just one, when the reality is not going to happen in that particular circumstance. I see this all the time. Women holding themselves to the same expectation and standard, and a very stressful season of life as when they are not in a stressful season of life. So things are going pretty good. You have a good routine, this is how your eating choices look, during that pretty good time of your life. You hit a rough patch, and you continue to hold yourself to the habits you had, we call it in Balance365. We call it green zone, yellow zone, red zone. So just kind of identifying what life feels like, and being able to scale your habits, but even your expectations of yourself to match the season of life you're in.

ANNIE

Yeah, what I hear this sounding like often is, I should. I should have been able to have just one, I should be able to have just one. I should be able to stick to my routine, you know, without acknowledging that maybe there's some different factors in play here.

JEN

Yeah, you recently had this experience, didn't you, with some crackers?

ANNIE

[Laughs] Yep, yep.

JEN

[Laughs]

ANNIE

Yep. Yep. I can fully acknowledge that my ability to exert self-control around certain foods, which I think we're going to get into next, so hang with me here, is just lower, like it's just not great, right? But one afternoon I found myself in a grocery store and I was a little bit stressed. I don't even remember what was going on. But I was stressed, I was hungry. I should have like at lunch time should have come, you know, hours before, and I was holding a box of crackers. And I was like, "Oh, these look so good." And I was like, "I'll take them home, and I'll just have a few. And I'll put the rest in the pantry. And it's gonna be no big deal. Like, I do this for a living. Like, I know what I'm doing. I'm in control here, right?" And like, I came home, and sure enough, I ate like a sleeve and then some. And I was like, for a hot second, I felt shame. I was like, "Why did you do

that? Like, gosh, come on, you should be, you should have been able to do this, like you teach women how to do this day after day after day. And here you are, you're doing the same things that you tell them like not to do, right? Like, how did this happen?" And the truth was, I lied to myself. In that situation, I was hungry, I was stressed, I had readily abundant available food in my hands. It was like the perfect setup to eat more than just one. And if I had told myself the truth, not like I don't have to put it on social media, I don't have to tell my girlfriend, I don't have to show up at work and be like, this is my truth. Just have the courage to tell myself the truth, I would have been like, "Annie, that's BS, you're not gonna eat just one, you're hungry, you're stressed, you're like, you're really excited about this food, you're going to eat more than one." So when I have honesty with myself, then I'm in a better position to say, "Okay, I am going to get these and I'm going to eat more than just one. And I'm going to get it over with and like, enjoy it and move on." Or: "Actually, I'm not going to choose these because I know I'm not going to eat just one. So I'm going to put something else back and find something more balanced." Or: "Can I take these and pair it with something else? Like I have more options than just all in or all out without all the shame."

JEN

Right. And when you lie to yourself, you fixate on that one outcome, then you're not looking at all the options available to you, right?

ANNIE

No, this is like, this is self-sabotage 101. You're lying to yourself. And I don't mean that with like judgment or shame or ridicule. It's just like, "Can you just be honest with yourself? And be like really true? Like, what am I likely going to do here?" And then move from that place, not where you think you should be.

JEN

Yeah, and I just want to mention that when we lie to ourselves, or give ourselves kind of unrealistic expectations, in that moment, it actually leads to an increase in desire for that food. Right? So my hypothesis for you, Annie, is if you had said, "I am going to eat the sleeve of crackers. Full stop. I'm not lying to myself. It's not the best choice. That's okay. Doing it anyways." You would have eaten the sleeve of crackers and moved on.

ANNIE

Yeah.

JEN

The lie has you eating a sleeve and a half of crackers.

ANNIE

Plus a whole dose of shame.

JEN

Yes. Plus the shame. Right.

ANNIE

Yeah, yeah. And, you know, taking it back to number one case of the screw it's, I think that's another reason that there's a lie in there as well that I often hear accompany the case of the screw it's, this perfection mindset is, "Oh, you screwed up today. I'll start tomorrow." Which, again, maybe it's true for you. But how many times if you had to honestly answer that question, how many times have you said "I'll start tomorrow" and then not actually start tomorrow? If you were to tell yourself the truth, you're like, "Listen, Annie, you aren't going to start tomorrow. You've said that a million and one times today. Now is as good a time as any to start practicing new choices."

JEN

Yeah.

ANNIE

Like a whole different ballgame.

JEN

Yeah, so a solution here. If you find yourself in that situation, we aren't saying that you should just eat the thing, that's the solution, and go for it, eat without abandon. It's to look at all your choices. So number one I want to say is that you can get better at stress eating. So it's tough to get better at the skills required to manage stress eating and extremely high-stress situations. You want to start practicing the skills kind of outside that deep red zone. So you can get better at this. So if this is something somebody is dealing with on an ongoing basis, and it's problematic for them, maybe they're gaining weight, maybe they feel awful, like whatever it is, you can get better at that and you can practice those skills. Right? So leading back to number one, you can start practicing the skills of slowing down your thoughts in other situations that aren't so stressful. You can go, "I can do this."

ANNIE

And just even the acceptance that you have to run into stressful situations, emotional eating situations, to practice those skills, then you start seeing those situations as an opportunity for development, for growth, for data collection versus, "Oh, crap, I didn't perfectly control my day, my environment, everything went to crap. I don't know what to do". It's like, "Oh, no, I can practice some new stuff here. Like, what am I going to find out?" It's like more of an adventure perspective. But I also think, too, Jen, the thing about lying to yourself is putting yourself in a position to succeed, you know, and making the choice that you want to make most of the time. So, you know, I think I said this on a previous podcast, like, I'm not trying to go into, you know, Nordstroms or Sephora or DSW shoes when I'm on a budget, that's not going to set me up for success.

JEN

[Laughs] Bad combination.

ANNIE
Right.

JEN
Yeah. And I think next, it's understanding that when we're in these more high-stress, high-pressure situations is exactly the wrong time to think you can rely on self-control or willpower. So what I think another option was for you, Annie, was to not lie, to tell yourself the truth about what would likely happen if you bought the crackers. Decide if you're okay with that. And if you are not, don't buy them, right? Or go find a smaller amount of crackers to buy so that there's a stopping point, or head over to the deli and grab yourself a chicken salad sandwich because you know that that's a better choice than eating a sleeve of crackers, right?

ANNIE
Yeah, because after I ate the sleeve of crackers, I was like, "I'm still hungry." Because it, you know, a sleeve of crackers is not gonna hold me off. You know, it's not going to put a dent in my hunger. So...But speaking of crackers, I think there's a reason I had the crackers in my hand, wouldn't you say? [Laughs]

JEN
Yeah.

ANNIE
Tell me about that. What's the third reason?

JEN
So, the third reason that you can't eat just one is because you are eating ultra-processed, highly palatable foods. So we don't moralize foods around Balance365, we do acknowledge that other people do, and that the phrase processed food can trigger all kinds of feelings for people. And we're not going to talk about feelings today. Maybe we will another day. But what we want to talk about today is facts. So I want to clarify, when I say processed food, it is a completely neutral term for me. And I've done a lot of work around this, which means food is just food to me. So I can describe a food without moralizing it or feeling anxious about it. And you can, too, if you're willing to do that work and become more food neutral. So around processed foods, what I want to say is that most if not all foods you eat are processed and the US Department of Agriculture defines a processed food as one that has undergone any changes from its natural state. So milling, cutting, chopping, heating, pasteurizing, cooking, canning, freezing, drying, etc, etc, etc. Those are all ways of processing food.

ANNIE
Which is a lot of food.

JEN
Yes. [Laughs] You have to think of it more of a scale than one or the other. Right? So it's more like how processed is that food? A little bit? A lot. Yeah, it's more of a spectrum than what non

processed or non processed right? So you know, it's this is just nutritional guidelines, right? Sound nutritional guidelines repeated from every reputable health organization in the world is that having minimally processed foods is a more nutritious way to eat. So as you move on this spectrum from on one side, food in its whole form state into minimally processed, more processed, then we get to ultra-processed. And once we're at ultra-processed, we're eating food that has undergone a lot of different processes and likely had things added to it. And it's foods with these additives that most people think about when they hear the term processed food.

ANNIE

They're thinking of like very extreme.

JEN

Yeah, so we're actually taught, so what we are actually talking about in this section is ultra-processed foods. So they might have salt added, right? Sweeteners added, fat added, artificial colors, flavors, preservatives. And none of that, I'm not gonna say any of that is toxic, right? It's important like shelf stability is very important in a lot of foods. Right? Especially if you live in a northern area, like in Canada, for example. And where you live in the Midwest, like, shelf stability is important for food security, right? So again, not moralizing any of this, just talking fact-based way. But when we add a lot of these different things, we're also increasing the palatability of the food. And it is speculated that these foods are designed to specifically increase cravings so that people will overeat them and purchase more. So kind of the, I don't know if it's a conspiracy theory. I've never researched this. So I don't know if this is fact-based. But many say that food companies do this intentionally. The way that tech companies intentionally create things they know will draw your attention to them -

ANNIE

Notifications and colors -

JEN

Use them more. Yeah.

ANNIE

Yes.

JEN

So, with that in mind, it's important to remember that it's not you and it's not a willpower issue. Right? Like, if these foods were designed for you to overeat, then you're kind of fighting more than just values, and choices, and goals.

ANNIE

You've got some added resistance working against you.

JEN

Yes, extra barriers, right? To eating in line with your goals. So Kevin Hall, he is a researcher at the National Institute of Diabetes and Digestive and Kidney Diseases. And he has done a lot of work on people's behavior with ultra-processed foods. If you Google Kevin Hall, you can see all the studies he's done. Just two years ago, he was I think, the keynote speaker at the Canadian Obesity Summit that goes on here every year. Very well respected researcher. And what he's found is that when people eat ultra-processed foods, they eat more. So he's done, he actually, he's got studies on this and where he puts people, you know, in labs, like they're very contained. And he'll have one group on an ultra-processed diet, and one group on a more minimally processed diet, and those on the ultra-processed diet ate about 500 calories more per day than they did when they were eating minimally processed foods. And these increased calories came primarily from carbohydrates and fat,

ANNIE

My crackers. [Laughs]

JEN

Yes. So what he found is that people eat faster on the ultra-processed diet and gained in his study, they gained about two pounds on average. And when they were on the minimally processed diet, the group on the minimally processed diet, they lost about the same amount of weight as the other participants gained. So ultra-processed foods leads to softer foods, easier to chew foods, for faster eating rate. And by the time your brain gets the signal that you're satisfied, you've already overeaten.

ANNIE

Which we hear from members all the time, not just with ultra-processed foods, but people are eating fast in general, for a lot of reasons. Right? And then they're like, "I am overly full."

JEN

Yeah. And just think about the work it takes to chew like a vegetable that's high in fiber. versus crackers, like, just shovel them in right?

ANNIE

Absolutely.

JEN

And so I'm always nervous talking about this because I know the mindset of people out there in the world and I know the panic that this can induce. So I want to say there is tons of ultra-processed foods in my pantry. Tons. [Laughs]

ANNIE

Same.

JEN

We have, my kids get goldfish crackers every day in their school lunches. Those crackers are part of a more balanced diet. My kids still have their fruit, their sandwiches, their Greek yogurt, so it's part of a balanced diet. But a solution to this is to choose minimally processed foods when possible. It's not always possible. But just to be more mindful of portions when eating ultra-processed foods. So back to Annie's case of eating the sleeve and a half of crackers. I briefly mentioned, what if you would have bought a smaller package of crackers? Like there's a stopping point. And just in a very neutral way, you know, this is an ultra-processed food. This cracker is very easy to eat. I'll eat it very fast. It's very quick to digest it, has added salt that will make it more tasty. I should buy the smaller portion, right?

ANNIE

Or even pairing those easy quick to eat crackers with having to slice like some deli meat and block cheese, you know, just to slow it down.

JEN

Absolutely, add something that is less processed, more satisfying into that. I had an experience a couple months ago where my husband brought home like a gigantic bag of ketchup chips, which is very Canadian, but he was at Costco. God knows I love ketchup chips, his love, my husband's love language is to feed people like his mother. [Laughs] And the kids and I were playing a board game when he got home and he just put the bag of chips on the table. I ate the whole damn thing. And I just love ketchup chips. And so solutions for me in that situation could have been, hey, you love these. It's not, this isn't just about the ultra-processed, you got some emotional attachments to the food, it brings you back to your childhood, all of that, pour it in a bowl, keep the bag in the kitchen, pour it in a bowl and bring it to the table. Just building in, it's like building in a couple little layers of accountability that force you to pause.

ANNIE

It's a boundary. It's a self-loving food boundary that you get to choose where that line is right? And what that boundary looks like. But, you know, we do these with people, with work with finances. Like, it makes sense that we would, we would set some obstacles and barriers. And we would include those with our nutritional habits to support our goals and our well-being.

JEN

And just, you know, Annie and I talk about this all the time for anyone new to our podcast, you know, a healthy relationship with food in your body is foundational to any of these choices, you could listen to this podcast and take our advice to the extreme and be very diety about it. Be very restrictive about it. So, you know, that's not our intention here. That's not what we want for you. We want you to have a healthy relationship with food and your body and be able to see these I guess interventions or these boundaries as coming from a place of self-care.

ANNIE

Yeah, and that you are in full control and have the autonomy to decide when and where and how much and yes and no and later and all that good stuff versus us or another outside source telling you the answers.

JEN

And also acknowledging in a very self-compassionate way that we live in a food abundant world. And Dr. Yoni Freedhoff, he's an obesity medicine doctor here in Canada. When he was on our podcast we talked about or no, I think it was James Fell, sorry.

ANNIE

James Fell, yeah.

JEN

All over the place. All these awesome people that have been on our podcast. We live in what is called obesogenic environments. So, we live, particularly, you know, North America, or industrialized countries that our environment is set us up to overeat and under move. [Laughs] Move less. And as we've evolved, in this era of time, we have, you know, gotten access to ultra-processed foods. And everything is designed, you know, even moving into like the desk, job era, the tech era, it's just to be aware of that.

ANNIE

And oftentimes, just the awareness alone can just slightly shift and alter your choices.

JEN

And yeah, absolutely. And it's like, just, it goes from you being unaware to aware, right? And once you see it, you can't unsee it. And then you can start making decisions for your own, you know, what you can control versus what you can't control. What can I control in my world? That actually protects me a bit from that. So, and to be really honest with yourself that you're a human being, all humans are a little lazy. And so how can you make your desired choices, the easiest choices, right? Like we are not suggesting that we return to a period of time where we don't have access to, you know, these ultra-processed foods or we're cooking everything from scratch and everybody get back in the kitchen.

ANNIE

Please no. [Laughs]

JEN

That's not what we're suggesting at all.

ANNIE

I would go hungry. [Laughs]

JEN

Yes.

ANNIE

If my ability to eat relied on my cooking skills, I'd be in a world of hurt.

JEN

Yes. But yeah, so one easy thing I do is I look at my environment every week, and I look at how I can set our family up for success in our environment. And you can check out our podcast on that. We'll link to it in the show notes. Food environments.

ANNIE

Okay, so should we do a quick review before we wrap up?

JEN

Yeah, yeah, yeah.

ANNIE

Okay. So the number one reason why you can't eat just one is, you're prone to getting a case of the f*** it's, you have this perfectionist mindset. All in, all out, it ruins your day. The solution there is to slow down and to choose your thoughts. Number two, you're lying to yourself. You got to take a moment to be honest, tell yourself the truth. What am I likely to do in this situation, acknowledging that sometimes certain situations call for a different ability, or we're more able to make a choice or less able to make a choice in various situations. And that's like, that's just part of being human. And then number three is you're eating ultra-processed, highly palatable foods, which again, take the moralizing out of it, the food judgment, the good, the bad, the labeling, this is just the way food is processed a lot of times, and eating more of those types of foods can lead to an increase in calories, overeating them.

JEN

And stronger urges. Yeah. For more. Yeah.

ANNIE

Yeah. And hopefully now that you have some insight to why you can't eat just one, maybe you'll make different choices.

JEN

And I'm curious if you'll go away from this podcast being really kind to yourself, and less judgment, less self-blaming, and more looking at solutions.

ANNIE

Absolutely. And you know, I just want to say that my story about the crackers, I am not beating myself up about that. I didn't like judge myself. I didn't berate myself. It was like, I'm, in a way, very grateful for that experience. Because now I'm like, "Oh, this was a big lesson that I wasn't honest with myself." And now I have the awareness as we talked about to make a different choice. So you can look at it as you know, being upset or you can look at it with gratitude.

JEN

Yeah. Like, why was this here and what did this...This came into my life to teach me something. What was that?

ANNIE

And the mileage we have gotten out of this story on Instagram stories and podcasts. Like it was worth it. I would do it again. [Laughs] Okay, Jen, well, thank you for your time. Thank you for listening everyone, and we'll talk soon, okay?

JEN

Yeah. Bye-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 on over to balance365.co to join coaching.