

Balance365 Episode 220 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

Hello, everyone, we have another live Q&A for you today where we discuss how to have boundaries with foods that are just so pleasurable to eat. We also chat about how to create breakfasts that are satisfying and how to get through that mid afternoon energy slump. Don't forget every week, Jen and I go live in our Facebook group Weight Loss Without Restriction to answer all of your questions. And we would love to see you in there with us next week. And if you haven't yet taken our Emotional Eating mini course, I'm gonna link it in the show notes because this course is a must for anyone struggling with emotional eating. I also want to share a shout out that we got on social media from a woman named Charlotte who recently went through the course. This is what she has to say. "If anyone has any doubt about buying this, stop doubting. An awesome program. It's everything I've read, videos I've watched, books I've read, put together in a way that really made me listen and understand. So glad I bought this program and workbook." Now that's one heck of a stamp of approval. You can find that course at balance365.com/emotionaleatingcourse. Or click the link in the show notes. Now onto our Q&A.

ANNIE

Morning, Jen.

JEN CAMPBELL

Good morning.

ANNIE

Happy Thursday.

JEN

Happy Thursday.

ANNIE

Welcome to our Thursday live Q&A. We have a handful of questions today. Are you ready to get into it?

JEN

Yeah, I am. These are great questions.

ANNIE

Yeah.

JEN

We've got some big thinkers in this group.

ANNIE

Yeah, and they're asking good questions. Okay, what do you do when you overeat simply because you love food, and you just want more of it because it tastes so good.

JEN

So I asked a follow up question to this individual. Because she had said, "I don't think this is emotional eating. I think that it is I just like it." And I asked her, "Hey, this sounds like pleasure seeking, is that what it feels like to you?" And she said, "Yes, that's definitely what it is." It's just she's just enjoying it. And I would, in our material, we talk about emotional eating in a different way than most people have probably thought about or read about emotional eating. And we say that emotional eating can also be not just when you're stressed, or bored, which is what most people associate it with. It can also be used to enhance an emotion. So this could come out as you know, if you're celebrating something, and you find like food is part of the experience, which is normal, awesome, amazing. That happens in my life too. But then you find yourself over eating, like you're trying to capture more of the experience. And what I'm seeing here is something sort of similar, but I think also there's a gray area here. Food is pleasurable, period. And she's, the feeling that it's giving her is pleasure. And I also want to say because this person did ask me, is this only how overweight people feel about food? And I would say absolutely not. Pleasure seeking is a normal, natural human behavior. Annie has pleasure seeking behaviors. I have pleasure seeking behaviors. What are we here for if we're not having pleasurable experiences? And so what I would recommend trying is zooming out and looking at your whole life and thinking about the pleasure you have in your life period. And often what I find when I'm coaching members is they have a lack of pleasurable experiences going on in their lives. And eating becomes one of the only pleasurable experiences that they're having. We have talked about this on different podcasts. But when I really dug into my emotional eating, I realized I had this thought that was kind of on repeat for me. I'd put my kids to bed. And all I would want to do at that point is sit down, watch TV and eat. And you know, I'm not eating a balanced meal, I was eating chips and chocolates and ice cream. And the thought that would come to me was this food is all I have at the end of the day. That's just for me. And so we can talk about different strategies for in the moment of curbing that eating. I mean, it doesn't have to be quitting, right? It could be, there's just different strategies we could use to to adjust the behavior. What's more in line with this person's goals? But also, I think the deeper and more foundational issue is, where else can we create pleasurable experiences for you in your life? Yeah, what are your thoughts, Annie?

ANNIE

I don't doubt for a minute that food is pleasurable. I certainly find food pleasurable. But I also know that in my own experience with emotional eating and becoming a more regulated eater, I found that a lot of the foods I thought were so amazing, over time, as I developed more skills and awareness, I didn't actually enjoy as much as I thought I did. And so I'm curious. How, like, what is the environment? What's the context? Like when they are enjoying these pleasurable foods, are they super distracted? Are they multitasking? Are they shoveling food in as fast as possible? And maybe part of this answer sounds something like really sit down and enjoy that food, like no TV, no screens, play it up, sit down at your dining table, or wherever you're at, and savor every single bite and see what happens. I would be willing to bet like if you come into really a mindful practice of eating, you might find that some of the stuff that you thought was amazing, was just kind of like meh.

JEN

So when I was a restrictive dieter, I had a preoccupation with almost all kind of sweet, calorie dense foods. And just to share my experience now that I'm not a dieter, I have become quite particular about what I personally feel I'm willing to indulge in. So I used to not be able to keep ice cream in the house, or I would be like eating all of it, like a whole carton. And now I can keep ice cream in my freezer for months. And I'm not that interested in it. And when I do have the ice cream in the freezer, I think, "This isn't that good." Like, I know what ice cream I like now, the brand, flavor. But this ice cream that I used to feel obsessed with is not that good. That didn't happen overnight. That's a journey of when you start allowing kind of all foods and start allowing more pleasurable foods, you know, not just in your, like eating window time, like okay, Friday night, I'm allowed to have this, but like, I can have ice cream on a Tuesday. Now, I can have, you know, I can have ice cream for breakfast if I want. [Laughs] If I really wanted it, I could. Once I got into that abundant mindset with food, I started to getting more picky about what I was willing to indulge in.

ANNIE

Yeah, I just coached a woman a couple weeks ago who had a similar sentiment around food, like, "I just like the taste of food in my mouth." And what she shared was that she had dramatically reduced her wine consumption and the approach that she took to do that was kind of what we're talking about, like she only bought the wines she really liked, which for her tend to be a little bit more expensive. And because there was already this like financial investment, she wanted to really like sit down and smell the wine and share the wine with friends. And if there was just like a kind of almost like a bottle of limit, you know, placed on it because it was this experience that she was having with the wine. And she essentially came to the conclusion that she could do the same with food.

JEN

Gosh, I love that.

ANNIE

Yeah, like this is not just this like, on the go, like I deserve to enjoy food. And in order to set myself up for enjoying food, I'm gonna like make this a thing.

JEN
Yeah.

ANNIE
Sit down. Be present. Smell it, taste it, like the texture, experience all of it.

JEN
Yeah, the other thing I've got, two other things I want to talk about and then we can move on. I love talking about emotional eating. An experience I have with, there's a food I really like, it's ketchup chips, a Canadian flavor. I love ketchup chips so much, not just the taste, but even like the memories, like eating them when I was little, it's been a lifelong thing me and ketchup chips. And I love the taste. And I also don't want to deny that there are certain foods that are more palatable to us than others. And, it's primarily foods like chips and chocolates, things that are high fat, high sugar, they seem to, they're more palatable, they're easier to digest, they seem to be where most people have their cravings. So ketchup chips is one of those for me, and they are a food that I have more trouble, I guess, moderating than, say, a balanced meal. But when I've slowed down the way Annie was just talking about, when I slow down and eat them, and pay attention to my thoughts as I'm eating, that, honestly, is key. Pay attention to my thoughts and pay attention to what's happening in my body. So say if we have a bowl of ketchup chips, you know, I'm playing a board game with my kids, and we have a bowl of ketchup chips, the thoughts I have that come to me are, "I need to like get a lot in here because my kids are going to eat all of them." So it's like a, it's like an unconscious scarcity thought that comes to me, that has me eating faster and eating more than I would ideally like to be. But then the other thing that I noticed when I'm paying attention is that I'm enjoying the taste and the flavor, but I'm not enjoying how I feel in my body as I start over eating these chips. So like my tongue starts to hurt from the acidity of the chips.

ANNIE
[Laughs]

JEN
And literally, you know, I've eaten so many chips before that the next day, when I wake up, I feel like I've burned off the first layer of my tongue, like I've just had so much salt and so much acid, and that doesn't feel good. And when I eat too much, I don't feel like, I don't feel good in my stomach, it's just too much food. And just if that particular food, it doesn't feel good in my body anymore. And so kind of expanding your experience or even definition of what pleasure is. So my definition of a pleasurable eating experience is start to finish. It is, also I want to feel good in my body after I'm eating. Otherwise, that was not, it's no longer a pleasurable experience when my tongue feels burnt from so much salt.

BOTH

[Laugh]

JEN

And I'm just feeling like, blech, like in my stomach. I don't feel good there. Yeah, so I just wanted to share that insight.

ANNIE

I've done the same with hint of lime tortilla chips.

JEN

Oh, gosh, I love those, too, those are delicious.

ANNIE

It's not delicious to have like mouth sores. [Laughs]

JEN

So maybe, like expand our definition of pleasure here. And one thing I ask our members all the time is to think about having valuable eating experiences. And, you know, in the diet world, we have a lot of rules. We're like, "Okay, Friday night, cheat night, you know, or, you know, whatever it is. Only when I'm at the movies, I'll have popcorn," like we just, we develop all these rules over the years around food. And instead of having rules based eating behaviors, what if you had values based eating behaviors? So for me, it's a question I asked myself, is this going to be a valuable eating experience? I do not find, like random bag of chips on a Thursday afternoon because I'm bored and procrastinating finishing my work for the day. I don't find that, that's not a valuable eating experience to me. And I know that because when I'm done, I'm like, "Why did I do that?" It might have tasted good. But afterwards, I'm just like, "Hmm." [Laughs]

ANNIE

Wasn't worth it.

JEN

Wasn't worth it. But if I pick my kids up on a Tuesday after school, and it's the first day of spring, and it's sunny, and I think this would be a great day for us to go for ice cream after school, that's a valuable eating experience for me, and I don't want to miss those. So again, instead of rules, we think, is this valuable to me?

ANNIE

Yeah. And as Jen noted, not all of our eating experiences are valuable. We just strive for them to be valuable most of the time.

JEN

And I would also, anyone listening that's resonating with this, I would seriously consider taking our emotional eating course which we can link after we're done.

ANNIE

Yes. Okay, next question about Rice Krispie cakes, or Rice Krispie treats, for anyone else. You had mentioned recently that you had one for breakfast. And this question says that she really struggles to eat breakfast on days. And she's so tired that she frequently ends up having a chocolate pastry that's quick and easy. How do I go about making better decisions first thing in the morning? And not eating the pastry or the Rice Krispie cake?

JEN

Yes. So the first thing I always want to know when I'm coaching somebody is, why is this a problem for you? And is it? And it's kind of a high level question that I think people should think about. Because I think that we have a lot of conditioning, you know, back to the rules based eating, you know, the diet culture we live in, etcetera. Why is having a chocolate pastry for breakfast a problem for you? And just honestly answer that, because there's going to be people out there that say, wait a minute, it's not a problem for me, maybe it's fine. And others might say, because I actually don't feel good. Like it's not satiating, it doesn't get me through to lunch, I'm hungry again, in an hour, I don't feel good after I eat it. You know, there's also many reasons that may not be working for somebody. So I'm going to move forward with the assumption that it's not working for this person. And I think there's a couple of different things going on here that she can look at. And I think often people want to micromanage, they're kind of like zooming in and trying to micromanage the actual eating situation. Instead, what I think is helpful is actually zooming out and say, what are the factors that led me to choosing the chocolate pastry for breakfast, and this individual is mentioning that they are very tired. So the first thing I would ask is, what would you choose for breakfast, if you weren't tired? Would that change? And is actually the sleep, and addressing the tiredness, the bigger issue here. And then the second factor is, it looks like you have very busy mornings, as many of us do, I'm getting three kids out the door, you know, getting ready for work, all of that, it's chaos in the morning in my household. I guess it'd be normal and natural to want something that's more convenient, like grab and go. And so I'm guessing that this person is also doing that grabbing the pastry, it's there on the counter. It's easy. She's grabbing it on the way out the door, whatever. And so instead of fighting yourself on this, what would you like to be eating? And how can you make that easy? So some of our members, they will do a bit of meal prep on a Sunday to make sure they have different options in the fridge ready to go. And my household, me and my husband almost always have like a bowl of boiled eggs in the fridge, like peeled, ready to go. And so she could start with that. And she could you know, just one step better even from the chocolate, just the chocolate pastry, could be a chocolate pastry paired with some protein. Right? So that could just be looking at the one step better. Couple boiled eggs and the chocolate pastry. And we have had members, again, the solutions are going to be individual to you. But I know some of our members have these egg bite things that they've bought at Costco, and they just have to throw them in the microwave. And it has the convenience factor they want, it has the protein factor they want. And that works for them. So the concept here though, is how can you make what you want to eat more convenient, because that's obviously part of the need in the morning. Yeah, what are your thoughts? You're the queen of convenience eating.

ANNIE

Yeah, I completely agree. Like, if the chocolate pastry isn't working, first of all, I would, if this person were on a coaching call, I'd say, what would you do if the chocolate pastries weren't there?

JEN

That's such a great question.

ANNIE

If that option weren't on the table, then what's what's next on the list? That might be pretty telling to come up with some additional options, but I think people, like convenience just wins.

JEN

Yeah.

ANNIE

So what else can you have available to you that's quick and easy? And that can be, you know, I could make a piece of toast and a protein shake in three minutes.

JEN

Yeah.

ANNIE

Right? Or you could do a little meal prep, if you like to cook. I don't, but you could just, you're grabbing things out of the fridge or you're throwing something in the microwave to reheat real quick, and you're out the door.

JEN

Yeah, I've had where, we're running late. And I'll grab an apple and a cheese string. And that's not a really high calorie load by any means. But the thought here is what is more satiating. We say all the time, there's no bad foods, there's no bad foods, right? But there are more satiating foods. And so the issue with having a pastry for breakfast, could be that it's, it is a calorie dense food that doesn't stick to the ribs, like you are hungry an hour, hour and a half after having that chocolate pastry, it digests very quickly. And so I would look for how can I add some fiber and protein to this? So an apple and a cheese string is, you know, it's probably not going to last me too long anyways. But it least it has some fat, some protein and some fiber. So I know it's going to have a little more staying power than something like if I grabbed a muffin. Yeah.

ANNIE

Okay. We could talk about that -

JEN

We could.

ANNIE

I'm gonna leave it there. There's some other factors that I would want to ask about. But I'll just leave it there as to not overwhelm everyone. Okay. Last question we have here is what to do if I'm really tired, late morning to early afternoon, and I can't take a nap. All I want to do is eat. Suggestions?

JEN

So first of all, like lots of grace for yourself here, very normal to want to eat when you're tired or exhausted. I always kind of frame it like this to people, if you can't or won't give your body the energy it needs with sleep, then your brain will probably be looking for other things to give it energy, and very normal and natural to be having, like, you know, cravings for even very calorie dense, sweet foods when you're really tired. And so I actually asked this person a few follow up questions about why she's tired. Is this a controllable or uncontrollable factor? And she went through, you know, kind of what her day is like and what she thinks is going on. And she thinks it's, she's waking up earlier, because we've moved into a season where it's lighter in the mornings where she lives. There was just some factors that she shared here. And she also said she doesn't want to nap, because then she'll be staying up late. Because then she won't be tired at all. So, and then she also said that she doesn't usually eat breakfast. And she usually just has a chai, and you know, moves on with their day. And so there's honestly a couple of different things here that I think you just need to try and see what improves that afternoon time for you. And, you know, some individuals who find themselves waking up very early might want to start trying to go to bed earlier. I understand not wanting to nap in the afternoon. I absolutely understand that. I work full time. I don't have that luxury of going just going for a nap in the afternoon. I have to check with my boss Annie here first. [Laughs] We should do that, we should do a naptime. Balance365 naptime. [Laughs]

ANNIE

Company naptime. [Laughs]

JEN

Yeah. Anyway, so try going to bed earlier so that at least you're getting that quality sleep. You know, that you need to kind of sustain you through the day. And then there's two like lifestyle factors that I think can contribute to this and one is not eating balanced meals, try having breakfast and see what happens. Like how does that change your experience of the afternoon, when you've had breakfast and lunch? I talk to people all the time who skipped breakfast. And you know, obviously around here everybody knows we're big on internal cues and some people don't feel hungry in the morning. But it can be worthwhile to just try it. What happens when you try eating, try having breakfast, even if you aren't hungry. Just try see what happens. Because what happens when, if you're just eating lunch and moving on with your day. Well, you know, what are we looking at here? Are we looking at, you know, half your day has passed and you've only had 500 calories for the day like you might be lacking a little bit of energy, you know what I'm saying? And in addition to that, try a balanced meal.

ANNIE

Yeah.

JEN

Because not only do balanced meals, like not only are they satiating, but they provide us with sustained energy. Yeah. Helps us get out of those energy slump times. What are your thoughts, Annie?

ANNIE

I think this is really common. That mid to late afternoon energy slump. You know, like, I know, I feel it on various days, especially when the quality of sleep is subpar. Or I have maybe over eaten at lunch and kind of get a little drowsy. [Laughs]

JEN

Yeah, yes, over eating can make a person drowsy, too.

ANNIE

Yeah. Which doesn't sound like this, this member in particular is experiencing. But listen, this is just my own personal experience. If I am experiencing kind of a slump in the afternoon, and I cannot take a nap because I have kids, I have work to do, I have whatever, I don't personally like to nap because when I nap, I feel like I could sleep for five years and to wake up after 20 minutes actually makes me feel like I'm kind of hungover. I don't wake feeling like refreshed and rejuvenated.

JEN

Yeah, me either. I feel ragey. [Laughs]

ANNIE

Yeah, I'm like, "Let me sleep!"

JEN

"Stop teasing me!"

BOTH

[Laugh]

ANNIE

"Five more minutes." So I am more inclined to go take like a movement break. I have a standing desk, I will come to standing instead of seated, I will go for a quick walk around the block with the dog. I'll step outside, I'll stretch or whatnot. But I know if in those moments, I sit down on the couch, my body in motion stays in motion. If I stop with motion, I'm just gonna melt into that couch.

JEN

Yeah.

ANNIE

Or find myself in the pantry with my hand in the cracker box.

JEN

Yeah, that was the other thing I was going to suggest around lifestyle is that sometimes a lack of movement can make people feel like they're in an energy slump. And it's, I think it's, you know exactly what you said, that analogy of something in motion stays in motion. And like a walk can, because you're looking to become more alert, right? So it's like, a walk can be as effective as a cup of coffee, or whatever people usually use. And also think about what's like, what could be refreshing for you. So I find a cold drink in the afternoon very refreshing. Like, for me, it's as refreshing is having like a cup of coffee, I used to have coffee every afternoon. But I've actually kind of gotten top of that habit by switching in a cold, like sparkling water. And I find that very invigorating. So start thinking about what could be refreshing to you at that time that's more aligned with your goals.

ANNIE

This is also, again, just a personal experience of this situation, this afternoon slump sort of thing, I really enjoy having something luxurious...Luxurious being relative, to look forward to in that period of day, so I have what I have deemed as kind of like a fancy energy drink that I only drink during that time of day.

JEN

It's your mid afternoon slump drink. [Laughs]

ANNIE

Yes, it is. And for you know, for maybe someone else that might be like a really nice tea. Again, going back to the first question we answered, where it's an experience. It's not just like something that you can have anytime a day and you're just kind of rushing through it. It's like, I'm gonna go boil the water, I'm gonna let it steep. I'm gonna sit down and like really just, like, enjoy this. I think those little like pockets of luxury are so nice. And it gives me something to look forward to when I'm like, "Ugh, just a few more emails," or a few more tasks. And I'm like, you know what, like, get this done, and then you kind of get your little reward. A little treat.

JEN

Yeah, I like it.

ANNIE

Yeah, but that's, you know, whatever that is. Whatever feels luxurious to you is so subjective.

JEN

Absolutely.

ANNIE

It could be 10 minutes of stretching.

JEN

Yes, absolutely. I think to, to just think outside the box, right? Like, you know, think about stepping into like, some crisp air and stretching, like to me that sounds my brain is like, "Oh, yeah." How refreshing would that be? So anything like that. Just...Yeah, think outside the box.

ANNIE

Go outside. I know she said she lives in a warm weather climate, like go outside with your bare feet and put your feet in the grass. Wiggle your toes.

JEN

I love that thought.

ANNIE

Doesn't that feel nice - doesn't that sound nice?

JEN

It does, it's like, springy, wintery here. I could go throw my feet in some snow. [Laughs]

ANNIE

Well, I don't know. Maybe not too long. Like. [Laughs] But...Yeah, okay. Those were the questions we had today. Thank you so much. Those were fantastic questions. Thanks for joining us.

JEN

Thanks everybody.

ANNIE

Bye 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.