

Balance365 Episode 241 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, friends, Annie here. We have a juicy Q&A episode for you today. If you are new to Balance365 Live Radio podcast, first of all, welcome. We're so happy you're here. But secondly, I want you to know that each week Jen and I go live in our free private Facebook group weight loss without restriction, where you ask questions, and we answer them. We take those answers from time to time, and then we share them on the podcast. So if you are enjoying what you're hearing on this episode, we'd love to have you inside that free Facebook group. Now, the topics that we tackle change from week to week depending on your questions. But this week in particular, Jen and I discuss how to stop overeating on the weekends - which is so common, so many people struggle with this; veteran nutrition for picky eaters, and tackling body image issues that arise when gaining weight. Now, if you have been around any podcast episode, you know that emotional eating is a very, very hot topic. It comes up a lot in these Q&A episodes. And if it's something that you are struggling with, I would love to invite you to check out our emotional eating mini course. People are raving about this course, my friends, I cannot make this up. I know I'm biased, I know helped create it, but it is so good. One member in particular recently said, "I bought this course last week, and I just finished the third lesson last night. I am so happy to find something that actually addresses my problem and actually provides simple solutions. I have to admit that I shed a few tears. But I actually put these strategies into action over the last few days, and I'm feeling so much better." My friends, that could be you. In just a few days, you too can be feeling so much better about managing your emotional eating. If it is something you want help with, we are here to help. You can check that out at balance365.com/emotionaleatingcourse or click the link in your show notes. Enjoy this episode, friends.

ANNIE

Good morning, sunshine.

JEN CAMPBELL

Good morning.

ANNIE

How are you? You're not fading into the wall?

JEN

No, I'm trying something new. If you're new to our videos, I have a situation in my office where in the mornings the sun is really intense. My blinds do not do any job at all, keeping it from blinding me. So I have just turned to the side so that Annie - and literally when I'm on video, it's like I just disappear, like the whole thing just wipes out, and you see my eyeballs. That's about it. I'm trying something new here.

ANNIE

It's the price you pay for having a beautiful mountain view.

JEN

I have a beautiful view of the mountains. But perhaps, yes, I need to rethink that for Wednesday lives.

ANNIE

I don't, we don't have any mountains here. So I'm jealous, even if it means you are - what, there's a word for that, like blown out?

JEN

Blown out.

ANNIE

Blown out? Is that the photographer term?

JEN

[Laughs] It's like the biggest ring light ever. [Laughs]

ANNIE

The sun. [Laughs]

JEN

The sun.

ANNIE

Good luck competing with that. "I'm sorry, sun. Could you just tone it down while I do my Facebook Live?"

JEN

How do I just - [laughs]

ANNIE

If this is your first time joining us, welcome. We asked for your questions yesterday, we have a handful of questions. I see some of these questions. And I know some of these members are in coaching. And if you are in coaching, I would encourage you to bring those questions to a coaching call or the coaching thread in our coaching Facebook group because here, this is a little bit more general, we can't get as personal, as in the weeds of your own, like, what's keeping you from doing the thing you want to do. So if that's you, please join us on a coaching call. We'd love to have you. If you aren't yet a member, why not? What are you waiting for?

JEN

Yes, get in there.

ANNIE

Now's the time.

JEN

[Laughs]

ANNIE

We have lots of Fat Loss Foundation members, lots of coaching members, lots of Emotional Eating mini-course members in here. So if you are still struggling doing the thing that you think you should do, you need to join. [Laughs] There's just - very clear and direct this morning. Okay, so let's get into these questions so we can get through as many as possible. Overeating on the weekends. I love your response. You said, "What's the question?" [Laughs] And she said, "How do you keep from overeating on the weekends?"

JEN

Yeah.

ANNIE

My first...I get so excited, my earpiece falls out.

JEN

We're so polished over here.

BOTH

[Laugh]

ANNIE

We're nothing if not real and authentic. My first, in order to like effectively answer that question, I would want to know, and I don't know about you, Jen, but I would want to know, like, why are you overeating on the weekends? Is it because you are...So like, on the wagon, dialed in, restrictive during the week that come the weekend, you're just like, "Oh, my gosh, I can't, like I cannot make it any longer." Is it just a simple like, change in routine? You don't have some of the structure that you have during the week? And therefore, maybe your environment is more

conducive to more sleeping, more drinking, more social activities, more ballgames, or whatnot, and therefore it affects your eating? Is it a mindset issue? Is it like, "I made it through another tough week, and I should be able to enjoy the weekend, and I enjoy the weekend by eating and drinking all the foods"? Oh, I wonder if she's here live, I see a comment. I can't see who said it, but, "Lots more time at home and bored."

JEN

So some - so there we have it. One of my favorite life coaches named Brooke Castillo says, has a phrase that she says, it's, "Your struggle becomes your strategy." So if you can identify your struggle, then we can build a strategy around that. So bored eating, boredom eating. If boredom is the problem, what do we have for solutions?

ANNIE

Go do something.

BOTH

[Laugh]

JEN

I get boredom eating, I get it. And it's - and then also identifying the need here. Like the deeper need. You're bored. So you want to do something maybe stimulating, distracting, but essentially, boredom eating is different than other emotional eating. Because sometimes emotional eating is, you're up here and you're using food to calm down. With boredom eating, you're down here, and you're using food to pick up. And so what else can you do to pick things up when you're boredom eating? And just remember that it requires practice. And that you, if you have an emotional eating habit, that means you've just gotten very good at emotional eating to meet your needs. It's a habit. We don't have to moralize it. It's just a habit. So what else could you practice?

ANNIE

Yeah. And it could be helpful to explore some ways to stimulate or entertain yourself outside of those emotional eating or that boredom eating situation. And then with practice, as you get more ingrained, or like, evolved in a hobby, or a habit, or a book, or something stimulating, then you're more likely to pick that thing up when you would typically feel a desire to eat because you're bored.

JEN

Yeah. Yeah.

ANNIE

So, that's great insight. And you can leverage that to make better choices.

JEN

Yes. And if you're in our emotional eating mini-course, which I believe this individual is. Don't forget the tools that we teach in there. Stop, identify, swap is a really good tool to use in the moment in those situations.

ANNIE

Yeah. Okay. Another question. She is a coaching member, but she's asking about picky eating. Any advice for picky eaters who are wanting to up their nutrition game? She's at an increased risk for diabetes, which she shouts out our podcast. If you didn't catch that, all about type two diabetes podcast part one, go listen to it. So many comments that were like, "This was amazing, such a good episode series." But she's noticed that most of the foods she loves are the ones that also keep her at higher risk: red meat, potatoes, refined carbs. And the ones that would help balance that or reduce that risk, like fish, beans, aren't like super palatable to her. So she's owning her picky eating, which she says, and maybe even some perfectionism in this area, which says to her, "Can't change my diet perfectly, so don't bother changing anything."

JEN

I love the ownership of the mindset issue here. Yes.

ANNIE

Yeah. So what would you recommend a picky eater who sees some opportunities to improve their nutritional composition to support their goals, but doesn't like the things that they should be doing?

JEN

Yeah, just, first of all, round of applause. As for the mindset issue, the all or nothing, right? Because that is the first place I would go, I would look at. I mean, this is a coaching member, my friend, so you have the balanced meals curriculum. And within the balanced meals curriculum, there is a ton of foods under each component of a balanced meal, there is way more outside of fish and beans. I like beans, but I don't, I actually don't eat fish that often. So I would start with, just get really clear on what foods you are not willing to eat or try at this time. Okay? And then put that over here. And let's focus on what you will eat. And let's start making lists of different proteins that you will eat. Let's start making lists of different fiber-rich foods that you will eat and go from there. Sometimes with picky eaters, I'm sure this comes from a lifetime of people, you know, parents complaining, "She's a picky eater." It's like we start self-identifying as a picky eater. And it can be very limiting, almost like a self-limiting belief. Right? That, "Well, I'm just a picky eater, so nothing is going to work for me." You do like some foods. So let's focus there. Let's ditch the label. And let's focus on what you do like.

ANNIE

Yeah, and I think, you know, we talk a lot about growth mindset and fixed mindset. I think a growth mindset could come in really handy to a situation like this. If you are a self-identified picky eater, it might sound like, "I haven't found a way to eat fish and beans that I enjoy yet."

JEN

Yes.

ANNIE

And then, you know, getting creative, or maybe even leaning into your values depending on what they are, to explore different ways to try different foods, try different ways of preparing foods. And then challenging that perfectionist mindset, right? Because you aren't going to have a perfect diet, Jen and I don't have a perfect diet. None of our successful members have a perfect diet, right? Like, it's perfect in the sense that it works for us. But it's not like, we had these like goals every single day 365 days a week.

JEN

Two servings of fish a week, you know, like all the things. Yeah.

ANNIE

Yes. So growth mindset, stay open to like, learning to develop or acquiring new tastes, preferences, and then leveraging those small changes that you will make. You might surprise yourself with what you like. For the first time, I was probably, I don't know, 35 or 36. You had a beet salad. We were in California, you had a salmon and beet salad. And I tried it for the first time, and I was like, "Oh, my God." And I have been obsessed ever since.

JEN

Beets are so good. I just have to say, they are one of the most underrated foods. I love beets. I love them boiled. I love them roasted. I love them pickled. I sound like the guy from Forrest Gump. [Laughs]

ANNIE

I was thinking of Dwight Schrute, actually, but... [Laughs]

JEN

Oh. [Laughs] Anyways, they are one of the most underrated foods out there.

ANNIE

Oh, they're so good.

JEN

Mm-hm.

ANNIE

So good. And you know, who knew that at, you know, mid-30s, I was going to find a new food that I absolutely am obsessed with. So. Okay, next question. This comes from a member who notes, she's worked with coaches in the past, she's done a lot of diet programs since she was 10. She's lost some weight, but she's put some of it back on. And she's wondering, "How to get my head on straight again." She says, "I know your program doesn't open again until the fall. But I'm wondering, any suggestions on directions and where should I go? And where I should

start? I just feel really lost. I think a lot of it's in my mindset. I'm not sure how to get there. And it's depressing and sad that I'm so hard on myself. I need some guidance on where to start when you feel stuck and not sure what to do." That is a super common experience. We see it often.

JEN

I just coached somebody on this a few days ago. And the individual I coached lost 100 pounds in a very restrictive way and is now putting weight back on because she's trying to live a more balanced life. And, you know, I don't know what's going on for this individual. But you know, with some coaching and questions in this session, it's the root of the issue. The heart of the issue is that this individual doesn't know how to incorporate more balanced choices without going overboard. She's very all or nothing. So she cut out a bunch of foods. And she would have cheat meals every now and then. And she said she found herself like fantasizing about this food. And now she's just very all or nothing. And so what I talked with her about, and I think is applicable in so many areas of not just nutrition, but life, is if you look at nutrition in a less binary way, and start looking at people who maybe have the success that you want to have, not just the result, okay? Not just the weight loss result, but how they eat, you know, when you look at people, and you think, "Well, I really admire how they eat, I don't know how to do that." Try to remind yourself that you are just missing a set of skills that that person has, just like I can't play soccer like my kids can. My kids have soccer skills that I don't have. But I could learn, if I wanted to play soccer. And you can learn these eating skills that other people have, that allow them to have some moderation, balance, flexibility, with certain foods that you may have restricted on your weight loss journey. And this is kind of the issue that we talk about all the time in Balance365, why restrictive dieting isn't sustainable, because so many people are doing this, they're restricting to lose these, you know, vast amounts of weight sometimes. And then they don't know how to go back to becoming a normal eater, because they don't build the skills and habits of normal eaters to think through these different eating situations.

ANNIE

Yeah, and I want to note that she says, "I keep trying to start again, I have some good habits, but I sabotage myself all the time." The other element is not just like the skills of a balanced eater compared to the skills of a dieter, like bridging that gap. But there's also the mindset of a dieter and the mindset of a balanced eater. And you could, we've seen it before, you could have the strategies of a balanced eater, but if you pair that with the mindset of a dieter, you're still going to be struggling. You've got to have both of those, the balanced mindset and the balanced nutrition skills.

JEN

Yeah, and that is the root of so much of this is - like you nailed it. The dieter mindset is just destroying so many people's health and wellness journeys, and it's, you got to ditch the mindset. You can't just, you know, try to fake it out here and not -

ANNIE

Yeah, like, "Oh, okay -"

JEN

"[Unintelligible] is back in!" [Laughs]

ANNIE

Yes, "All foods are good foods!" And then you eat all foods, and all of a sudden that dieter mindset clicks in, and you're like, "Go burn it off. Never eat it again. Eat them all and start over Monday." Like - [laughs]

JEN

This isn't working. Yeah. I would also, for this person, really go look at our emotional eating mini course. It is \$27, it is a - would be, could be a fantastic investment for where she's at in her journey. And it gives her something to do before enrollment opens again for coaching.

ANNIE

Yep, absolutely.

JEN

Love it.

ANNIE

Okay. Thanks so much for joining us, everyone. Thank you, Jen. We will see you next week. Bye-bye friends.

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.