

**EPISODE 51**

**AS:** *People are often afraid of the teasing, of like, “Oh you’re eating healthy,” or whatever. Plan for the teasing. How are you going to handle that? It might not even come to fruition because we often catastrophize. But how are you going to plan for that? Can you be playful about it rather than defensive?”*

**JB:** *I would overeat and that was probably one of the reasons I would get a stomach ache because I used to do that. Then you’re overwhelming your body. Just eat regularly, it’s just another meal. It’s a special meal but it is just another meal. Don’t plan to overeat.”*

[INTRODUCTION]

**[00:00:41.0] AS:** You know battling food and your body doesn’t work. You want to love and accept yourself. And because you’re insatiable, you want results too. And wouldn’t you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that’s your prime time to thrive. We’re here to say “YES!” to the hunger of wanting it all. I’m your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting, and find a truce with food.

**[00:01:21.7] JB:** And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

**[00:01:30.5] JB:** Welcome to episode 51, *Non-Traditional Portion Control Tips for the Holidays*. Conventional wisdom tells you to visualize success in order to achieve a goal, but what Ali and I will reveal is a better technique that’s more effective than just positive thinking. How can you gracefully get on the same page with your host and hostesses when it comes to wanting to eat healthy over the holidays, and lastly, what can we measure so that you can eliminate your guilt in indulging over the holiday season?

[EPISODE]

**[00:01:57.1] AS:** Today, everybody, we're getting real about the holidays and portion control tips that I guarantee you've never heard before. Because Juliet, if I hear someone tell me to "check in until I am 80% full" or to "breathe", I don't know, that stuff annoys me.

**[00:02:09.6] JB:** Even the word portion, even those two words portion control irritate me.

**[00:02:14.6] AS:** Yeah, it's part of the control metaphor, part of the fixed mindset, part of a bigger narrative that bothers me. We were talking, I think you and I both through the years, like I was telling you, I eat differently during the holidays for sure but with my sister being Celiac and I act like I'm Celiac now after our podcast with Dr. Samantha when she told me I probably was, we eat relatively healthy over the holidays. It doesn't mean that I don't eat differently but I've come so far. Like it doesn't even feel threatening. How about for you?

**[00:02:46.7] JB:** Oh yeah, it doesn't necessarily feel threatening if anything. It's exciting because I enjoy certain holiday get togethers and for the tradition of them but one thing I've changed a lot of is I don't say yes to every holiday get together. I limit myself, for health purposes, because I don't think I need to be going to every holiday dinner that a friend invites me to, or every holiday party that someone else's company is allowing you to be a plus one too.

So I've just learned to pick and choose a handful of ones that are really meaningful to me and that's it. I don't need any more than that otherwise I am not going to feel good and to say, "Oh I'm going to go somewhere and not eat anything or not drink anything," I don't believe that that is very helpful for people or possible for people and it puts you in a stress mindset because now you have to basically restrict yourself the whole time.

**[00:03:43.1] AS:** Yeah and what's funny too is a lot of people eat because they feel alone to begin with or over-drink. I mean you can be alone in a crowd, it's very easy to do, or out of place or like you don't belong or whatever it is and so you're right, it's unrealistic. And so I think, we're not going to give you those kinds of tips but I do also just want to mention to people that Juliet

and I have come to this really peaceful exciting place through trial and error, through practice, it didn't magically happen.

Part of that control mindset is a fixed mindset. You think success is instant and easy and it shouldn't take effort and anything less than perfection is failure and that keeps you from learning and being in that imperfect place where you get research and data. So this is why I love my Truce with Food group at this time. I'm like, "We have so much research opportunities. There is so much data flying around right now. "

**[00:04:31.2] JB:** This time of year, yeah for sure. And I'll give a really good example but when I move to Philly, it's now going on nine years I think. It's amazing, it's nuts. I was coming out of a really bad relationship and my stress is at an all-time high and my relationship with food was at the worst and I was always restricting myself and trying to be "good" and when the holidays would come around, for example Thanksgiving with my family, if I would let myself eat a little bit it would open up Pandora's Box to then just binging on everything that was there because it was this mentality of, "I'm not going to be able to have this again. All right, well I already fucked up with eating those mashed potatoes when I told myself I wasn't going to. I'm just going to have the turkey and the vegetables."

So then it would just lead me into a downward spiral of eating everything there, stuffing myself with pie, every kind of pie and just trying it all and with every year me ending up on the bathroom floor, no joke, crawled up into a ball because I was in that much physical pain because I overate to the point of almost making myself sick. It was those kinds of traumas in my life that actually helped me. But Ali and I were talking about this mentality of knowing you're going to fail before you go into it, yeah, that really helped me a lot.

**[00:05:44.3] AS:** Yeah so for the people listening, I run a Truce with Food group and one of the first assignments that people get, it's almost pre-worked is I give them the failure assignment and they say, "How are you going to imagine?" We started in the fall of this year, imagine it's December 14<sup>th</sup> and nothing's changed. Why did you fail? Why did you not put the effort into the program? Why when it got challenging, what were the excuses?

And the research shows us that yeah, it's great to visualize and be positive and know what you want, and what's most effective is thinking, "What's going to stop me? Where am I going to get stuck? What are my pitfalls?" And so you can get ahead of them. It doesn't mean you're going to be perfect and we'll get to that about what to actually measure, people found this assignment so revealing, so helpful and now they know what to look for as we're in the middle of the program right now.

The participation rate is through the roof, because they plan for this. And so I think it's really important to think about, "What will go wrong," right? Juliet, you said one thing is you used to say yes to all the opportunities. So I think for people who a lot of my clients are introverts it's like, "You know what? I don't have the capacity for that so how am I going to say no? How am I going to feel comfortable saying no? How am I going to evaluate if this is something that I want to do?" Right?

So you get a chance to think about it ahead of time rather than, "Oh my god," feeling powerless over the situation when it arises. So think about the pitfalls from travel delays like are you going to need to have something that you can eat because even booking flights, don't book early morning. Can you not sleep on a red eye and you know that's going to set you up pretty badly? Really think about what kind of support you need and where you can fail and then map around it. I think that's a really important place to start.

**[00:07:31.1] JB:** Yeah and I mean, going back to with my own story about Thanksgiving being the moment where I always overeat and always end up with a debilitating stomach ache, every year, it's been nine years now since that one incident that I could really vividly remember it was because I bought a friend with me and he was texting me and I was in the bathroom on the floor and he said, "Where are you? You disappeared" I brought my friend to my family's Thanksgiving.

And I was like, "Well I'm completely indisposed. I can't come out so have fun, enjoy my family because I'll see you when I'm better, and who knows how long that will take." But every year since then, it has been this plan of almost failure knowing that these foods don't agree with me and not that I am overeating now, but what I found is that I am very sensitive to a lot of the foods that are served around Thanksgiving. I know my butter doesn't agree with me, for example.

And lots of things are cooked in butter, but now I bring more vegan options to Thanksgiving. My family accepts the food that I bring and it helps me. It's not that I don't eat the food that they have but I bring other options so I can choose what I want and the stomach aches have gotten better every year. But I plan for it. I plan for the stomach ache and knowing that, it helps to not have them happen.

**[00:08:43.5] AS:** Right and then you can also have the peppermint if you need them later. I am thinking about when I really struggled with overeating in the holidays. I would do what you did or I would say, "Okay you could eat whatever you want on Thanksgiving and Christmas Eve and Christmas," but then inevitably, I forgot all about the holiday parties and the Hershey Kisses in all the candy drawers that worked. You forget about that stuff. So that never worked.

But I remember even when I was healing my IBS and depression and all of those digestive issues, just knowing that I would have the ginger tea that I needed or whatever incase I was going to have digestive issues, that made me feel so much calmer and less anxious and have less self-doubt, which then enabled better choices. I think for people listening, this where you have flexibility that you might not think about it is like "are you going to every party? Do you have to stay at every party that longest?"

I think from a food standpoint, thinking about what you really enjoy versus what feels like it's special. I refer to those Hershey Kisses, it took me three years when I was healing with my relationship with food to realize oh my god, the red and green Hershey Kisses are the same as the silver ones that are around all year, you know? I mean it seems so silly but it's like even if there's...

**[00:09:50.8] JB:** But because you thought that they were special because they're "holiday" Hershey Kisses. We always label things as being a certain way like, "Oh that's special. It only comes around one time per year." Like you mentioned the pumpkin spice latte in the fall, then there's the gingerbread latte in the winter and then there's the frappuccino in the summer. So you have to start to categorize things differently.

**[00:10:13.6] AS:** Exactly. One of the things that I always used to love was cutouts. We do gluten-free cutouts now, but I just don't care for them as much as — I mean I'll have one or two...

**[00:10:23.0] JB:** What's a cutout? I don't even know what that means?

**[00:10:24.0] AS:** Oh yeah, you're Jewish. So I'm only half Jewish, but I grew up really celebrating Christmas. They're cutout cookies.

**[00:10:29.8] JB:** Oh okay.

**[00:10:30.9] AS:** Rollouts and then you put the icing on and all that stuff. But I realized that those cutouts you can buy them all day every day in the year. Starbucks has them, they're not called cutouts, but they are like cutely decorated cookies and you can get those all year round. So it's more even the peanut butter. If there's something that I think is a family tradition, I think that's really important to partake in because it's more about the ritual and the memory but really, get clear on what's a family ritual and what's available all year.

**[00:11:02.3] JB:** And even that's a choice, right? If that's a family ritual that is hurting you, let's say you have a food allergy or sensitivity and it's no longer working for you, this is where openly communicating with your family is so important and it's as if you're at a restaurant and you're communicating with the waiter, "Hey listen, can you make my meal this way because I'm allergic to it," or you let your family know that, "I won't be partaking in that." Maybe you bring an alternative for yourself so they can make you an alternative. People want to make other people happy especially around the holidays. They want you to enjoy yourself.

**[00:11:35.8] AS:** Yeah and plan for the, I mean this doesn't happen to any of my clients but people are often afraid of the teasing, of like, "Oh you're eating healthy," or whatever. Plan for the teasing. How are you going to handle that? It may not even come to fruition because we often catastrophize, you know? But how are you going to plan for that? Can you be playful about it rather than defensive or are you just really intimate and say, "Yeah, I'm just experimenting with different things. I don't have it figured out, but this is what I want."

**[00:12:02.8] JB:** I was just thinking about my family that every year they say, “All right, when is the stomach ache coming?” And then I could just be like, “Fuck you,” but in a playful like, “I know it sucks,” you know? “My body is so sensitive.” My brother likes to tease me because he’s eating really healthy now, but when he wasn’t, he would be like, “I don’t understand the healthiest person in the room and you’re over there curled up in a ball. We’re all fine over here.”

**[00:12:29.1] AS:** Yeah because that’s like, “I’m so healthy I understand when things disrupt my system. You guys just don’t know.” We have a joke in my family because my sister has Celiac, I consider myself now to have Celiac but we just eat relatively healthy over the years. It’s just easier. But we joke that you know how Kobe Beef is massaged? So we joke now that we have this Kobe beef routines where it’s like, “I need my lemon water. I need to jump on my trampoline. I need to get my caffeine.”

But it is fun when you have other people with you and your family understands and then my dad is still totally the, I mean he’s gotten better but he’s always offering us more and more food and we’re like, “We just ate.” So we could just laugh that that’s him but I think a lot of people feel misunderstood by their family or other people during the holidays and I think planning for that can really, really help and including travelling as well.

There are healthy options, do you just need to research ahead of time like in the airport or whatnot? And do you need to get your sleep? I know for me there’s three things, blood sugar control so I am always making sure that I fat and protein, sleep and just staying relatively active so that I don’t get to that — I have this theory, we all have this tipping point where you’re bloated, you’re sluggish, you’re lethargic and you’re like, “I’m just going to wake up on January 1<sup>st</sup>.”

**[00:13:49.1] JB:** Yeah and going back to the blood sugar control, so many times a common mistake especially around big holiday dinners whether it be Thanksgiving or Christmas is the whole I’m not going to eat until dinner and at dinner times, sometimes it’s early for people. It might be as early as 1 o’clock sometimes four or 5 o’clock, our dinners is usually four or five but I’m not waiting. I’m not fasting, and if I did, I would be so hangry that I would overeat.

That is probably one of the reasons I would get a stomach ache, because I use to do that. Then you're overwhelming your body. Just eat regularly, it's just another meal. It's a special meal but it is just another meal. Don't plan to overeat.

**[00:14:33.1] AS:** Yeah, no, that's so true. Figure out what else is making me want to overeat.

**[00:14:38.0] JB:** Or plan to overeat, like we were talking about the failure thing. If you plan to overeat then you can help yourself by stabilizing your blood sugar ahead of time by having breakfast, having a snack or having lunch before dinner.

**[00:14:49.9] AS:** Yeah and I think on this plan to fail thing, realize that a lot of people overeat because they think they're going to cut themselves off the next day. So I actually think, "Oh my god, I'm not going to eat potatoes the next day."

**[00:15:01.8] JB:** There's no way. Do you know how many leftovers people usually get?

**[00:15:05.2] AS:** Yeah so even plan for that because you'll feel like, "Oh I can eat this tomorrow," and everyone's Thanksgiving is different, but traditional Thanksgiving food is relatively healthy. I mean maybe the stuffing and stuff but a little bit of food...

**[00:15:20.0] JB:** It's like so paleo, potatoes, meat, vegetables.

**[00:15:25.4] AS:** That's true, it is. So I think that's really important, to just set yourself up for success by being realistic. I always say, "By being realistic you can remain optimistic because you have planned for that." The second thing, and I got this idea from Randy Buckley who was our Insatiable podcast guest last week and it was an amazing episode. If you love this idea and more about boundaries for the holidays, please go back and listen to that episode.

But she talks about calling your guests or whoever is going to host you ahead of time and ask them about your hopes and dreams for the experience and when I read that, I got teary. It felt so intimate, I was like, "Would someone really do this?" It feels so intimate, but to me that question brought the sacred back to the holidays.



**[00:16:16.9] JB:** Yes, I feel like that is such a great invitation. I can just imagine, my aunt is hosting this year and I can imagine asking her that and I feel like she wants to be asked that but nobody does, you know? Because it's meaningful to her.

**[00:16:30.1] AS:** Yeah and what do you think she would say? What do you think she would say if she asked that? I mean you could obviously want to get the clear answer but...

**[00:16:37.6] JB:** Yeah, I think my assumption would be that she would say "to bring family together and have meaningful conversations and just show our love and support for one another as being unified through being family".

**[00:16:53.5] AS:** Yeah.

**[00:16:54.2] JB:** And being together, all together because we're not all in the same room, except for typically that one time per year, so.

**[00:17:02.0] AS:** Yeah and all of sudden you're like, "Oh it's about the food but the food is just a medium to the conversing," and I just think that asking that of your host and also the people that you really care about. I know we'll go visit Carlos's family over New Year's and they're very, Carlos and I think pretty similarly politically, and they do not, the family that we're visiting. And I know for Carlos it makes him — I love to spar politically, I think it's fun at least when people use real facts.

I don't like when people make up then that's not fun, but it makes him really uncomfortable and so I really have to ground myself and realize, "Okay, I definitely not going to change their minds and it doesn't even matter," and so I leave it out of that conversation though because it upsets him and so I don't want to upset him but I just want us to have a great time. They don't live near us, they're in Florida. Even with the people that you're most close with, I think asking that, you start to get a different idea.

**[00:17:56.0] JB:** There's always opportunity to get to know somebody in a different level and I think that often times when we are going to family get togethers, especially holiday ones where you don't see people very often, it can be awkward. There could be a really awkward feeling,

and I used to dread that awkwardness but if you plan for the awkwardness and just know and even certain social settings, I now brace myself with just saying, “Okay, you’re going to feel uncomfortable. You’re going to feel out of your comfort zone, it’s going to be awkward.”

But if you can, rather than fighting that feeling and just knowing this is what’s going to come, it can lead to an opportunity for you to embrace that and be light hearted or try to get to know someone or ask somebody a question and just having it more inviting openness that you are bringing into a situation.

**[00:18:47.7] AS:** Yeah because I think, you know, when I work with my clients, a lot of times overeating in social situations or around the holidays is to fit in, is to feel part of the group and it’s this underlying assumption that that’s the only way we can do that, right? Is by eating the same or going with the flow and I would just remind everyone of one of my favorite sayings from Sweden, “Only dead fish go with the flow.” But really thinking like, “How can I connect with these people?”

Because I think sometimes when we’re afraid that we’re going to say the wrong thing or that we’re different. We focus on the differences and that creates almost like a conflict before there even has a conflict like me thinking, “Oh, we’re different politically.” I am thinking about that now because it’s at the height of election season. By the time this goes live it will be over, thank God.

But we have so much more in common and they’re wonderful people and we’re going to have a great time and I do have a lot in common with them and so focusing on that and I think finding the common ground with all of your family members, knowing that it’s one day, right?

**[00:19:45.2] JB:** Yeah, I had an instance recently with someone’s family member and we were at a restaurant celebrating someone’s birthday and then all the people got up to go to the bathroom and it was just me and this other person and it was so uncomfortably awkward for me and I had to think to myself, “I don’t know how this person feels, so I can’t say it’s uncomfortable for them or awkward for them.”

And just trying to make this small talk, and I just felt like it was just going so sour and wrong because it was so inauthentic and then after the fact, I just reflected on it and I thought to

myself, “Why couldn’t we just sat there in silence for a few moments while those people are in the bathroom?” There’s nothing wrong with that either. It doesn’t mean there’s anything wrong if you can’t feel to space with talking.

**[00:20:30.8] AS:** That’s so true. I probably would have been like, “Well, this is awkward. We barely know each other.”

**[00:20:40.0] JB:** Well yeah, in this case we don’t barely know each other but it’s an awkwardness. But I just thought to myself, “It doesn’t have to be,” you know?

**[00:20:48.6] AS:** That’s true. I think that’s another way that we wear ourselves out is thinking we have to start the conversation or we have to keep the conversation going. Rather than it’s amazing if you just are quiet, sometimes someone else will start it and then it’s off on you, you know? But I think remembering that the uncomfortability is going to be there and is temporary.

**[00:21:07.2] JB:** Yeah for sure.

**[00:21:08.1] AS:** For sure. So I love that question but it really gets you into thinking about your values and where they overlap with people and also what you want to get out of the season. Right? I think so many times it has to be about presents and food and all these stuff and actually, I don’t know, I’ve noticed since I have gotten healthier, I want this time of year to be about slowing down, about tuning inwards rather than going, going, going. That’s what I’ve realized. Like this is my time to gather my energy from the year rather than diffusing the little bit of energy that most people will have.

**[00:21:38.8] JB:** I mean, that is very in sync with the season especially living on the east coast where winter really is the world is, in our world as we know it with the season, is slowing down and shutting down, things are cold and darker and it’s calmer. The birds aren’t chirping, there’s no noises out there from the animals, it’s hibernation. So it makes sense that you would feel that way versus this time of year for a lot of people is parties and this and that and going, going, going, “And I have to get gifts and I have to work, work, work.”

**[00:22:08.3] AS:** I know like my sister, Carlos and I we don't exchange gifts. We're like, "Look, there's nothing that you can get me that I can't buy myself and I'd rather just us go out and have a great experience together." Like, we'll go out to eat or something like that and that for us, we're also not real materialistic around here. Some people love gift giving and I don't want to take that away from them although I did find something really small and funny that I can't wait to get Carlos because he's the best gift giver. He pays attention to what I need and I'm just, "Um..." I'm just not like that. I should say we do sometimes exchange gifts, but it's not like this pressure to do that. But again, that's...

**[00:22:45.1] JB:** Yes, there's no right or wrong with that. I'm one of those people that loves giving and getting gifts.

**[00:22:50.7] AS:** Really?

**[00:22:51.3] JB:** Yeah, I do. Yeah it's odd when I say that to people like the five love languages.

**[00:22:55.8] AS:** Yeah, what's yours?

**[00:22:57.2] JB:** Mine is getting gifts.

**[00:22:58.3] AS:** Oh mine's acts of service.

**[00:23:00.2] JB:** Yeah, I like to get gifts and it's funny because that's not Mackie's way of showing love and I am fine with that, because it's one of the things about him — I love the five love languages, if you haven't read it out there, it's great because it does help you understand your partner a lot more.

**[00:23:13.9] AS:** Well explain what it is to people. So there's this guys has this theory that there's five different ways of communicating love. One is gift giving, one is acts of service, which is like taking out the trash, cooking, one is words of affirmation, "You're amazing, I love you, keep going," whatever. Quality time is another one, like spending time together, and then touch is the fifth one.

**[00:23:32.5] JB:** Yeah so for Mackie though he has the two, quality of time and then touch, like hugs, snuggling, all of that. And for me, it's gift giving and affirmation. So give me a present, tell me I'm beautiful and — yeah, I know it sounds so shallow.

**[00:23:50.6] AS:** No.

**[00:23:51.0] JB:** But that's what I need. So when we first started dating I would joke and be like, "Just remember that you have to tell me that I am beautiful every day," you know?

**[00:23:59.6] AS:** I was going to the Institute of Integrative Nutrition when Carlos and I, like the first couple of years were dating when we were learning about this and he decided his was personal touch and I knew mind was acts of service. Like when he does stuff around the house I just love that, and then a couple of years in, he's like, "Oh my God I got enough personal touch from you, I want to upgrade." He's like, "I want acts of service. I want you to cook. I want you to take out the trash." I was like, "You know what I was talking about right?" So it becomes this funny joke with us of he's upgrading his love language, but it's different for everyone.

**[00:24:33.8] JB:** Yeah so if gifts is your love language then it's great and the holidays is a great time for you. You are getting your fix.

**[00:24:41.9] AS:** Totally, totally and it is fun when you see something I think that really looks like that for someone versus "am I going to get them another scented candle?" or something like that or get them chocolate. Right? We often give people what we want to get. But just thinking about what are those hopes and dreams for the experience, it brings such a beautiful sacredness and holiness back to this time.

All right and then the last thing is how are we going to measure this? And I think my whole thing is I always want my clients to say, "How did I do compared to last year? What is the delta? How much did I change?" And this is not about perfection. Juliet and I were talking about it, a lot of times you overeat because you think, "Oh, tomorrow I am back on the wagon," and it's that pressure itself is what makes you overeat.

So I think not aiming for perfection, even if you plan to fail you're still going to fail and wait new ways that you can learn about yourself. But really thinking about, "What did I do last year and given where I am in my life what would be an improvement? What would make me really excited if I said, "Wow I did this differently," and I could surprise myself" rather than saying, "All right I'm only having one pumpkin spice latte. I'm only going to drink one night a week," like these rules that don't plan for life.

**[00:25:53.2] JB:** If you have planned rules before you get into the situation, you are planning to fail because the restriction alone will always backfire and you'll always want what you are saying that you can't have. So if you go in with this mindset of, "Okay, I am not going to eat pie. I'm not going to have the stuffing this year. I'll have the mash potatoes but no stuffing," that alone will create an anxiety that will then cause you to think about the stuffing the whole time and then just be like, "Fuck it. I suck. I have no will power."

One of our beloved episodes is with Dr. Nicole Lipkin, one of Ali's best friends, and we talk about will power and that is such a powerful episode. So if that's one of your issues going into the holidays, definitely go and listen to that episode.

**[00:26:36.5] AS:** Yeah, I've gotten so many emails from that.

**[00:26:39.1] JB:** Me too and even myself, so much clarity around that with working with people. So that's an incredible episode to listen to.

**[00:26:47.4] AS:** Yeah, definitely check that out. But measuring the delta is so much more helpful because you'll learn about yourself and you're not stretching yourself and setting yourself up for failure and I think some examples of this, so maybe last year if you'll look back on your holiday season and think about what went really well. What did you like about that? And then where were some of the things that maybe left you ragged, left you broke, left you depleted? And what's one or two things that you want to work on? Don't try to do it all.

**[00:27:15.4] JB:** What's yours Ali? Do you have one this year from last year, reflecting?

**[00:27:19.2] AS:** Yeah, great question. So, like I said, I don't really overeat or look to the holidays to overeat anymore. I definitely eat differently. I think for me, I want to stay active because this year has been really about getting back into an activity schedule and I have been and I can also be like, "I'll just skip it." So staying active while I travel is really important and I want to stay off social media as much. I feel like this election has made me antsy. I feel like going to social media because obviously my feed will reflect my view and I feel comfort.

But then the same people are worried about what I'm worried about. So there's comfort in that anxiety but also it's draining me and I feel like it's made me feel really judgmental in ways that I wish I weren't, just frustrated with people. So I think emotionally shutting down and getting to sleep early and not watching Netflix up until 10 o'clock, but reading. So that's my goal, to really be okay emotionally calm rather than emotionally frantic. How about you?

**[00:28:24.2] JB:** If we're just relating to the holiday season, I think if I can improve on something this year it would be not waiting to the last minute to buy everybody gifts because it stresses me out a lot.

**[00:28:37.2] AS:** And it's something you love.

**[00:28:38.4] JB:** And it's something I enjoy, so why save it? Why be frantic at the last minute? So just getting ahead of that would be really helpful for me and that's just in general. A theme for me that I am trying to work on is not waiting to the last minute for things. Scheduling things in so that I'm not trying to front load everything and then feeling overwhelmed.

Often times, when you see something in one aspect of your life, it shows up in many other aspects. So me doing the last minute gift giving shows up for other things for myself too, like last minute work, just waiting and doing the laundry until it's overflowing. So there's all those little things — procrastination.

**[00:29:23.6] AS:** Well in coaching we say "how you do anything is how you do everything" and my clients with Truce with Food, the abbreviation for Truce with Food is "TWF" and one client said she actually wrote "WTF" and that's just as appropriate because you start to see, even if look at the stories around food, they start to see how those stories and feelings show up

everywhere and they're like, "I can't not see it now!" Like, it's invisible until you can see it. So I am curious if you know why you like to procrastinate?

**[00:29:52.8] JB:** Why I like to procrastinate? I haven't quite figured that out yet. There's a couple of reasons but we'll save that for another podcast.

**[00:30:00.5] AS:** Okay. Because I'm I'm so curious now.

**[00:30:02.7] JB:** Yeah, don't worry listeners. We'll share that with you just not on today's episode.

**[00:30:09.9] AS:** All right, great. So I hope this is helpful for you guys. Again, plan to fail what's going to go wrong and then work around some of those pitfalls. Give yourself a chance to plan and think those through. We often get really great ideas when we have the space to think about these things. The second thing is, call your host and see what their hopes and dreams are for the experience. Like Juliet said, they want you to have a good time.

It can open up a really beautiful dialogue, especially I know a lot of my clients feel like a burden if they have food allergies or they don't want to eat certain things. You can say, "If you want everyone to be happy what can I bring so that those of us who are Celiac or can't eat dairy, what would be really helpful for you?" And it opens up this beautiful meeting of intimacy rather than "Oh my god, I'm a burden and I don't know if I can have anything to eat." So think about that and then don't focus on perfection or all or nothing but improving this year over last year. I think that's a wrap. Anything else Juliet?

**[00:31:04.3] JB:** No, just it's not all about the food all the time. Going into listening to this episode I'm sure some of you were thinking, "Okay now I'm going to master being able to not overeat in the holidays." But it's not mastering the food versus mastering your mentality around how you view the situation or your family or your emotional wellbeing during the holiday season. That's really where it is then the food will be the side effect. You'll have better relationship with the food.

**[00:31:35.6] AS:** Yes, lots of research opportunities. The faster you fail, the more data you get.



**[00:31:41.5] JB:** So true. Every time I would fuck up with food I'd be like, "Oh that's interesting." When you can get to a place where it's not judge-y anymore. It's just, "Hmm, that's interesting that that happened. Wonder why?"

**[00:31:53.8] AS:** Yeah, exactly and for listeners we both wish you a Happy Thanksgiving and cheery merry holiday season although we'll be back obviously but have a really great Thanksgiving and be safe as you go over the river and through the woods.

**[00:32:08.9] JB:** Yeah and don't forget to review us on iTunes. We love all your reviews and it really helps us keep the show alive and connect with us on the Facebook page, / insatiapodcast on the Facebook page and just reach out to Ali and I anytime because we want to know what you guys want to talk about and what you think of the episodes. We're happy to answer any questions.

**[00:32:28.2] AS:** Yes, we are insatiable for connection with our podcast listeners.

[END OF EPISODE]

**[00:32:33.5] JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoy today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on [ali@alishapiro.com](mailto:ali@alishapiro.com) and [juliet@unitefitness.com](mailto:juliet@unitefitness.com). We'll see you next time.

[END]