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Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your Lucia Hawley, and I'm a certified nutritional therapy practitioner with my master's in social work, clinical mental health. I've lost 80 pounds, and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there.

If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is the podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Hey, party people. Welcome to another episode, so happy to have you here. I am also happy, personally, because I'm breathing some fresh air. 2020, I think, is the year of the breath in all the ways, both the very somber and the very joyous. I am reveling in taking deep breaths today and having access to fresh air today.

It is a very, very sacred thing. That's what's going on with me personally. Because of the stress of the wildfires in and around ... Well, not in, but in Oregon and around Portland, and the smoke that came over Portland for about 7 to 10 days there, I wanted to just have a quickie episode this week. Just a little quickie, and share about something that I think happens almost so frequently that we might not even realize that we have a certain propensity to experience this behavior.

And the behavior is what we do during periods of stress in our life. This would apply to both chronic stress and also acute stress. In this instance, what I mean by acute stress could be a situation like having to stay inside your house because of wildfire smoke for about a week while you're in a pandemic. And you have nowhere to go, and you know the safest place is to stay put.

And any of your coping mechanisms that you've worked hard to garner, like physical activity, or connecting with nature, grounding, et cetera, are currently inaccessible. You can have a logical response to that and an emotional response to that. This is the theme of so many subjects of how I think about things.

It's also part of the book proposal that I am still working on, is really understanding that while we can have the awareness of how we could be coping with something logically. On paper, and this goes right back to diets. A diet can look amazing and really beautiful on paper.

You could write it down because of its simplicity. You could write it down because of how much it resonates with you from a health perspective. You could write it down because it has so few rules. For whatever reason, diets, different dietary prescriptions, ways of being with our food, those can make sense on paper.

And yet, when we start to apply and integrate that way of being, what was easy to write down on paper or what made sense on paper, when we start to integrate that information and try to have it apply into our lives. Like we're doing the diet, we're doing the thing, we're doing the exercise program, blah, blah, blah.

What I think is so common, and a lot of what the coaching, I think, at Lean + Liberated, truly, what we do is that we're coaching that in-between space of what we know and believe logically as very, very smart people. People who are so bad-ass in their lives.

We can have this understanding and the choices that we make from a logical perspective. "Oh, I want to eat unprocessed foods for the most part, because logically I know that that feels good. And yet, for some reason, emotionally, I can't seem to do it. Why is that? There must be something wrong with me.

Something's gone wrong. I'm bad. This is weird. Why can't I do the logical thing that I know half of me understands, but the other half of me won't implement?"

This train of thought also applies to how we go about our lives from a habitual standpoint. And so the reason I'm bringing it up this week is that I noticed for myself and for other people, and the wildfires are just one small example of a bit more of an acute situation. But this can be happening chronically as well, especially if you're under chronic duress, meaning you're under chronic stress.

What can be happening is that we can start to play out, and replay and replay and replay habits that we default to. Now, I have two thoughts about these habits. Number one, these default habits can be great. And number two ... Well, okay, I have more thoughts than this. Number one, the default habits can be great.

Number two, the default habits can be not so great. And the only problem with the habits is how they serve you and how they might be supporting you towards your goals, your desires, your dreams, your values. Because if we're taking actions that don't align with what we value, that discomfort of having that misalignment is a big sticking point for a lot of us. Typically, and in our culture, what our culture supports, is for us to beat ourselves up. To try to use shame, blame, and guilt, to motivate ourselves out of that space.

But we know that those actions, they can work in the short term, right? You guilt yourself and maybe you snap out of something that was an old habit that wasn't really serving you. So you guilted yourself and then you'd change something for a day, or for a week. But then by the weekend, that change, because it was coming from that shame, blame, or guilt, was very short-lived.

Because let me tell you, as a human, it's really hard to live your life through shame, blame, and guilt. That's a very taxing feeling. Any of those, they're very taxing feelings that will drain you energetically and that's okay. They're meant to drain you energetically. They're meant to perhaps only be a calling card, not a lived experience day in and day out. And so I'm saying all this because what is so interesting is what habits we might default to during times of stress, during times of duress, like I mentioned earlier.

So just a little love note to you, because 2020 is a stressful year in so many different ways. To get really curious this week, if you're under some chronic stress or you're experiencing more of an acute stressor right now.

And you notice that other parts of your life that felt like they were on fleek ... Remember when we used that term 'on fleek'? If you had other parts of your life that felt like they were pretty easy, you had a nice movement routine, you were feeling pretty groovy in the kitchen.

Maybe your weight loss efforts or whatever other efforts, your business efforts, whatever it was, they were all groovy. And then you feel like one thing happened, one stressor happened just enough that it veered you off course. What I want to add in, and for a different way of thinking about these things this week, is get curious. Did you veer off course, or is it all that happened that you defaulted to older habits?

Subconsciously there was a default to older habits that maybe aren't the ones that really are serving you in this moment, in this period of your life, but that are that much more comfortable psychologically from that subconscious standpoint in your brain.

Because I think we all know, for many of us, food and nutrition choices, movement choices, they take conscious effort. Listen, I don't think there's really ever been a workout or a time that I've chosen movement that I at the end of it had been like, "Oh, I wish I didn't do that." Very few and far between experiences. For the most part, when I choose physical movement, by the end of it I'm like, "I'm so

happy I made that choice. I feel like more myself, I feel grounded, I feel like the energy just feels good here."

Whether it was a hard workout, whether it was a simple brisk walk, whether it was a slow walk, whatever it was. When I choose movement I know, for the most part, I've had time and time again the experience that overall, it's a really good choice for me.

But how many times during any of those choices did I get that little voice in my head saying, "Yeah, but you're tired. Yeah, but this or that. Yeah, you have so much to do. Oh, you should just do this one thing first", or any of the excuses, like, "Oh, your shoes are upstairs. Oh, you don't have any clean socks." All the excuses that later on we look at and we roll our eyes, being like, "Yeah. But that walk was so great. Of course it was worth scrounging around for a pair of clean socks."

Regardless of what can happen, I just want you to be thinking about if you feel like when things are really stressful, everything falls to shit. I want you to know that it probably hasn't fallen to shit. What's probably happened is that during that increased and heightened experience of stress, your ego, your brain, right?

That brain, body, spirit triad might actually be trying to protect you from a very loving place by having you default to even older habits. So if you feel like your relationship with food, doesn't actually ... You're not making choices from shame, blame, and guilt these days. You're.

really grooving. And then you had a stressful experience and it was ongoing, and it was like a whole week of that stressful experience and you didn't have any of your current coping mechanisms. And all of a sudden you found yourself in the kitchen having these shame-y thoughts that you were like, "I thought I was through with those. I thought that was from like last year. Things have been feeling so good. I thought I wasn't using shame anymore. What's wrong with me?"

I want you to get really curious this week. Is there actually anything wrong with you? Spoiler, no. And instead assess, "Oh man, maybe this is just how my body is trying to protect me during a period of stress." And the stress that it didn't predict, because I think that can also be another factor. The stresses that surprise us, the things that we're not like, "Oh, I have that big meeting coming up. Okay."

We can prep and prepare for some known stressors, but of course in our lives, things are 50/50. And we're going to have stressors that are known and also have stressors that are not known, that we aren't prepping for. So just know that when I'm in coaching sessions and even before I started Lean + Liberated, ever since I've been an NTP and I've been working with clients, so often what we want to do in order to inspire ourselves into action is that we want to figure out why we were broken.

We want to figure out why this set of actions that we've been taking or habitually have been defaulting to, why they're so bad, and why and how we can stop them so we can start doing new things. So what I want to offer to you this week, and just as little quickie, little quickie of an episode is to get curious.

Were you ever actually doing anything that was broken? Or were those ways of being, those different thought patterns or different actions that you were taking or what felt like inaction when you should be taking action?

Like however you want to talk about them, can you get curious this week if this is something that you're experiencing too? Can you really get curious? Was that a bad set of habits or was that simply a default way of being? And am I now for the most part removed from that way of being, but can I offer myself space, attention gratitude if I notice that my body and my brain start to default to those old ways of being during stress?

Because nothing's gone wrong there, that's your body trying to protect you. And so the way that we can move through that is with exactly what I just outlined. All of those bunch of words that I just said, all of

those boil down to a practice of awareness. And that is the only "fix". If you're dead set on a fix, that is the only fix.

So don't try to hack it by saying like, "Oh, let me figure it ..." I think we often want to say like, "Let me figure myself out." And we think that's an awareness practice. I think awareness of there's a little bit of a subtle nudge towards a different energy where we can say, "Oh, I now have the awareness that I've been taking these actions or what feels like inactions," or I've been talking to myself in X, Y, and Z fashion.

These feel out of alignment. Maybe they feel very familiar because they're from an old way of being, or of expressing myself or of being in relation to myself or with others. But simply by tuning into that awareness, I think that is that energetic release that we can see, "Oh, nothing has gone wrong. My body is not broken. My brain is not broken. My coping mechanisms, not broken. The only thing that is different is that now in the time and age I'm asking myself, 'would I like to be aware.'"

And when we garner that awareness and we start to bring that in, I think about looping a piece of yarn on a needle. If you're like needling, crocheting, if you're knitting. When you're knitting, it's just that gentle looping of the yarn around the needle again.

And the one loop might seem really insignificant, but as you continue to loop and you do some stitches and then you loop again and then you start a new line, over time it creates this really beautiful, for us, lived experience. For the example, maybe a really beautiful scarf or a pair of socks.

But what it's doing is that over time, it starts to become the new habit. So think about any new habits this week. Not as trying to push out or exclude or be exclusionary to old habits. That's very much part of that diet cycle thinking. "Oh my God, I was broken and now I have to fix it. Here's how I fix it. X, Y, and Z. Boom, boom, boom. If I just do those perfectly, I will be fixed."

Well, of course, that's a really unsteady place to be living our lives from. How about we flip the script this week and we say, "Okay. If I've been experiencing stress, I know that I can build awareness around that simply by tuning in. There doesn't have to be some set of hacks, some best way to become aware. It's literally just taking a hot second if I so choose without feeling pressure from anyone else."

And recognizing that that awareness might feel uncomfortable, but it's that reckoning with yourself as saying, "I'm going to choose that discomfort because I know on the other side of it is returning to the way of being that actually feels very integrated and supportive for me in my life right now with my current identity."

And that current identity can hold space for the fact that there might have been old habits that we could be defaulting to in the moment right now that are from a long time ago. And the only reason our brains are defaulting to those habits is because our brains are trying to keep us safe. So how wonderful is that? Can we thank our brains for trying their damn best during a time of stress? And from there, what you'll find is that you can very much reroute if you so choose, if you would so like.

That's exactly what that awareness brings. So if you notice that you're defaulting to certain habits this week and you're wanting to say, "Well, why is that? What do I have to do? God, I'm so stressed. I don't want one more thing to be doing right now."

You probably don't have to do anything else. All it is is probably your brain or your body or spirit trying to take care of you in a way that it felt familiar from long ago. Or maybe just from a little bit ago. And the way that we move through that is that we just be with it. I think if you try that out this week, you're going to find that to be a very powerful experience. And if you do, let me know, hit me up. I'm always hanging out. I've got the links in the show notes here. I hope you all have a great week, and I'll catch you next time.

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