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Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols and instead step into living your life on your terms while losing weight in the process, you're in the right place.

Okay, pretty people, welcome to the show. Today, I want us to be talking about boredom. Don't yawn. Don't go. It won't be a boring subject. Actually, the subject of boredom is incredibly interesting when it comes to people's relationships with food. Very frequently when someone is looking to lose weight and they're starting to recognize, "Okay, some of the eating I do is emotional." And they then start to recognize, "Okay, I don't have to feel bad about emotional eating. I can just understand that sometimes my eating is driven by emotions that I perhaps haven't been as in touch with as I might have expected."

Very frequently one of those emotions that people are eating from is boredom. So I thought it'd be a really great time to talk about boredom eating, especially as we're coming into a season over the next couple of months where in general, for most people, there tend to be more opportunities to be engaging with foods that can spur ... Just in general, having more food in the house and more kind of tantalizing, exciting, very hyper-palatable foods in the house. And as we all know, there's absolutely nothing wrong with that. In fact, just last week one of my clients shared that she's now able to without big emotions come up, have pie in her house that someone else lovingly made for her, and she can have a slice of the pie and the pie can just be in the house the rest of the week. No big deal.

So this conversation, just remember as we're talking about this stuff, it's never about saying, "Well, you can never eat certain foods again," foods that have more ingredients in them that tend to be more stimulating for human and human bodies, which tend to be more refined foods. Ultra processed carbohydrates, ultra processed oils. We don't tend to have super Ultra processed proteins so that doesn't tend to be in the equation as much. There are some more processed proteins, but honestly those proteins usually just tend to be a little dehydrating for people. And they also just don't really fill people's guts up as much.

So like an ultra processed protein is just like less satisfying. Whereas ultra processed oils can be especially inflammatory for people and ultra processed carbohydrates can play a large role in people's blood sugar levels as well as like nutrient depletion because of unbalanced blood sugar levels. So that's the physical side of things. But what we're talking about today is really saying as we're coming into the holiday season, you're probably going to have more opportunities to simply be around foods that tend to be the foods that we like to eat when we're bored: more crunchy things, more salty things, more sweet things, or a combination of all those things, all those combinations together.

So let's look at the emotion of boredom because too long don't read. I think when most people are eating from boredom like they recognize, "Okay, if I slow down and look at the times and the day that I'm tending to eat foods that aren't really the ones that I actually when I'm feeling like safe and grounded, they're not actually the foods I want to be eating." Most of the time when we're looking at the emotion of boredom, that tends to be foods that occur between meal times.

So I might refer to that as snacking here, but just know the concept of snacking. Of course, we can have snacks that serve us. So this is just like a shade of how snacking can go for plenty of people, which is why we're talking about it today. So with boredom very frequently we can decide, "I'm feeling bored right now" and then I go eat a snack like when we're looking in retrospect about what some of our habits and patterns are. But this week if that applies to you, I actually want you to be really looking at what is the sensation in your body of the feeling of boredom? Because sometimes and what I've noticed is that

when people are eating from a place of boredom, the boredom is a bit of an umbrella term for something that might have more of a specific slant towards it.

So if that sounds confusing, I'm going to dive into what I mean by that. Number one, sometimes we are driven to eat by pure boredom. We just want something and that's honestly why like even foods that have a lot of texture to them, crunch to them, they change how we are in the present moment. Think about it. When you're eating something crunchy, you're literally hearing something different as you're crunching that. You're giving yourself a sensory experience. You're stimulating yourself and you're moving yourself away from the typical experience of boredom. It makes a lot of sense truly.

So while there can be some times where people are eating mainly for stimulation to kind of change up their environment, there can also be those feelings of we might think we're feeling bored, but if we were to actually sit with the discomfort of the boredom, it can be that umbrella emotion where we might actually feel like, "Oh, I feel lonely right now or oh, I feel restless right now. Oh, I feel actually over stimulated right now," which can be interesting when you compare it to the stimulation of crunchy foods. Any of those emotions can often feel like they're housed under the umbrella of like I'm bored like I want a distraction.

And so if this is applying to you this week, simply allowing yourself to engage in the experience of having the awareness that, "Ooh, when I'm bored, I might be just looking to give myself different stimulation and I'm using food as the mechanism to do so." And/or, "Oh, when I'm bored what I'm looking for is actually trying to meet the need of a more specific emotion, but I've been coupling it under the umbrella of boredom because I perhaps just haven't had the time or have felt like I've had the time to invest what feeling I'm experiencing more specifically."

So in order to feel that feeling and in order to feel that boredom, if it really is just true boredom. You're just like twiddling your thumbs like, "I'm really bored right now." What you're going to want to do is coming to the present moment. That's all learning how to feel your feelings really is is coming to the present moment without assumption, without judgment. And just honoring that your body is going to do things in the present moment. Like really when I'm moving the client through how to feel her feelings, we don't feel the feeling to then feel it and never feel it again. We feel it to build that relationship with it so that we can really understand, "Oh, those times that I thought I was bored, really, I was restless."

"And when I understand the sensations of restlessness in my body, I then know that not only is it safe to experience restlessness, but I can understand why I might be feeling restless. And if there's anything I'd like to do to support the restlessness." Because sometimes all that emotion might need, like any emotion might need is just simply be experienced. And this is so stay staggering, but I think many of us have lived our lives. We've been taught and told and shown that experiencing our feelings like they're too big. They're too emotional. If you are like an introvert or you feel like you're someone who's very sensitive to other people's emotions, you don't want to burden other people with your emotions.

There can be all those stories, which we do the story work in Lean + Liberated so we've chatted about that before. But with that, I think we can really spend like decades of our lives actually engaging in patterns that navigate us away from our emotions instead of just allowing ourselves to navigate through the emotions. And so of course you could imagine if we avoid something for years and decades, of course, in our brains and from a physiological like habitual standpoint we're going to believe the unknown of what this feeling is, a thing that I've been avoiding for years and decades. The unknown of that must be a really big deal because I've been avoiding it for so long.

Trying to self-validate why it's been taking a certain action. By it I mean your nervousness in your body, which is where the emotions are. We talk about emotions from a logical standpoint, but emotions are

felt and experienced. It doesn't mean they're illogical. It just means they're like friends of logic, but we don't really experience them very logically. We experience them with body logic if that helps to create that like visual for you. So those things that we can running away from for years unknowingly, like just from a place of trying to keep ourselves safe. Like, "That thing's big. I shouldn't do the big thing. It might be too much for other people. It might be too much for me. I don't know what it'll mean."

Usually once we be the feeling, we can then come into compassion and say, "Oh, that was an experience that I just had. But guess what? I could do it. I am safe in this moment. I felt that through my body and my system, but I can integrate that emotion." So it's just interesting to me that like the very general, very like mass media marketing we get around cravings or urges or eating when you're bored or just like using food as something to stimulate yourself.

The messaging we get around that typically is that we need to distract ourselves in other things, brush your teeth after dinner. Don't stop associate eating snacks with watching TV. So don't watch TV for a month, read a book, start playing board games. Or in the middle of the day, whatever it's going to be. We just get a lot of often kind of like coping mechanisms and coping tools instead of getting to the root of things, which is can we just allow our bodies to feel what they're going to feel and not make that a big deal?

So know this week that you have every ability to feel your feelings. They're actually not here to hurt you. It might feel very uncomfortable. We can just be upfront and clear about that. It can feel really uncomfortable logically and emotionally at first to feel the feeling. Because in our brain, our brain stem having that kind of like fight or flight response from our emotions historically was really supportive. Because back in the day we had, I think we had clearer environments. We had environments where things were safe and we could be truly parasympathetic in that rest and digest mode. And that was habituated. And then we had times where we probably had to be on higher alert.

And I think there was just a clearer delineation way back in the day versus nowadays where we work from home, we're navigating childcare and jobs and finances, and conceptions like money, and changing economies and health and wellness and social circles that are quite huge and quite extended. I think that just really we kind of have to allow ourselves to understand the truth of our culture nowadays and say that.

Of course, we might need a little bit of extra learning around how to manage our emotions or notice when we're moving from stress mode into rest and digest mode because maybe back in the day things were just clear and more simple when it comes to navigating different circumstances for your brain to be like, "Ooh, we have to be on right now?" Or like, "Oh, we can be off?" And the body can be in charge. Versus now it's a lot of kind of forethought to say like, "Okay, when I'm at work, I'm in this mode. When I'm away from work, I'm in this mode. When I'm with my family, I'm in this mode. When I'm winding down for the night, do I feel safe enough to be in this mode?"

So just take these subjects this week and allow yourself to notice if you're feeling and you sort of feelings around eating out of boredom, first off, cut yourself some slack. Because shitting all over yourself is not really going to be practicing anything that is probably going to help in the long-term, but shitting over yourself can just be an older habit. And can you love it for what it was. It's trying to offer you guidance and light. It got you to this very moment so you can love it for what it was. And you can also start to have the practice of releasing from it.

Because you're practicing being in the safety of saying, "Yeah, I can experience any emotion. Yeah, I can be in discomfort and I can be in comfort and I can be both by allowing myself to experience both." And if you'd like some help in this process so that when it comes to eating for boredom, you're able to navigate through it no problem. When it comes to like using your journal, you're able to just journal in

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the foods that really serve you and honor you today. When you're ready to dive into a relationship that is simple and loving while losing weight, I'm of course going to invite you to join Lean + Liberated.

And if you want to do that before the holidays, I'm inviting you to do that and reach out to me about joining today. If you're listening to this episode on its release day, I have just about another, what is it? I have just another week before I'm closing the opportunity to enroll in Lean + Liberated for the rest of 2021 and the next opportunity won't open until 2022. So if you're looking to be able to really see like, "Yeah, I can navigate any food come the holidays, the darker winter months [inaudible 00:15:49] and winter too of the panini press, then reach out to me so we can have a pretty simple conversation and see if Lean + Liberated is right for you.

And if it is, you can get started pretty immediately. You'll get access to all the materials and then you can book out your first of the six sessions so you and I can dive into how you support yourself with your food and your nutrition. All right, thank you so much for being here. I hope to hear from you soon and I'll see you on the next episode. Bye.

Did you know you can find more support from me on my website? Go to Lucia Hawley, L-U-C-I-A, H-A-W-L-E-Y.com to connect.