

Handling FOOD PUSHERS

We've all been there—Aunt Linda insists you have “just one more piece of pie” or Grandma keeps piling food onto your plate. It can feel uncomfortable to say “no,” but remember, it's okay to protect your body and peace of mind. Here are a few polite but firm responses to navigate these moments:

- ***"No, thank you. Everything was delicious, but I'm really full right now."***
 - Why it works: This response acknowledges the person's effort in preparing the food without leaving any room for negotiation. It also signals that you're in touch with your body's needs.
- ***"Thanks for offering, but I'm going to stick with what I have on my plate."***
 - Why it works: It's a gentle way to assert that you're satisfied, while avoiding the guilt that can come from refusing food that someone has prepared.
- ***"I'm good for now, but I might grab some later."***
 - Why it works: This response allows you to leave the door open without committing. It helps food pushers feel heard without you feeling pressured.

Unwanted BODY COMMENTS

Unsolicited comments about your appearance can be especially triggering during the holidays. People often don't realize how damaging these remarks can be, so it's important to protect your peace without being confrontational. Here's how to respond when someone comments on your body:

"I appreciate your concern, but I'm really focusing on feeling good from the inside out these days."

- Why it works: This response redirects the conversation from appearance to well-being, which helps shift the focus to something positive without starting an argument.

"I'd prefer not to talk about my body. How's everything going with you?"

- Why it works: It's direct but polite, letting the person know that body talk is off-limits, while also showing interest in them and keeping the conversation moving forward.

"I've realized that focusing on my body doesn't bring me happiness, so I'm working on other areas of my life."

- Why it works: This helps the other person understand that your priorities have shifted, without accusing them of wrongdoing. It also leaves the door open for a more meaningful conversation if they're open to it.