



# ***PYT Weekly Training & Support***

## Lesson #47 Emotional Side of Losing Weight

by Jim Katsoulis

Welcome to this week's lesson. What I want to talk about this week is kind of the emotional side of losing weight. I want to focus on that this week. And, specifically, very often what I see happening with people is that they'll be following a plan regardless of how long it is – we'll say the first six months or so – and they get start getting some good results. They start losing some weight, they're eating better, and they're exercising – many combinations of these things.

And while they're doing those things, all of a sudden, they start to get a little bit depressed for whatever reason. Remember, being thin does not make you happy. What do I mean by that?

I don't mean you can't be happy being thin. I don't mean that at all. But what I do mean is that your weight is not the thing that determines your emotional state. You can influence it, you can get in a bad mood, and if you're really overweight, you can think about that and make yourself feel even worse.

But it's important to understand that even when you hit your ideal weight and you've your ideal level of health, you're still going to have days when you feel depressed. It's just the way it goes. You're going to have up and down days regardless of what weight you're at. No matter what, you're going to have up and down days.

So, I think it's so important to recognize and understand that because if you go into this whole process thinking, “Well, once I lose the weight, it's going to solve everything. I'm never going to be upset again,” that's not true.

We have up and down days all the time. What ends up happening often if we're overweight is that you have a down day and you focus on that thing. And so, it starts to seem that the weight is what's causing feeling down, but that's not true.

What I can say is that it seems that if you can get your weight back to where you want it to be, when you have these down days, they may not last as long because you don't have so much to focus on that keeps you in that place.

But, remember, more than your weight, what has much more to do with your emotional state is what you're focusing on where you get into that kind of down place and what, at that point, you start to focus on – all the things that have gone wrong in your life or how you want things to be and how you can make things better in the moment.

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And that's what I want to talk about while we're here because understand that there are going to be up and down days. What are some strategies that we could have in place so that when we do have one of those kind of down parts, we're ready for it?

What truly is going to affect your weight, ultimately, more than anything is not how long you can get yourself to exercise in a row or how many days in a row you can get yourself to eat well. Again, that's something you want to focus on. What ultimately is going to dictate it is how quickly you can get yourself out of a rut.

So, emotionally, you get into a kind of a rut and you're eating starts to suffer and your exercising suffers. That's normal. That's natural. What you want to focus on and what you want to get really good at is being able to get yourself back on track quickly.

And the secret here, I believe, is to have some strategies in place and things you can do that will make the rut less deep. So, say you get in a bad mood whatever the reason may be; say your body doesn't feel quite right so you don't feel like exercising or you stepped on the scale and it wasn't as much weight as you wanted to lose or your pants fit tight, whatever.

What we want to do is to think about some things you can do in that moment because you know how it is. As soon as the motivation disappears, it's easy to fall back in that rut but what can you do to, again, keep that rut not so deep?

Well, here are few things.

The first one is you want to have some exercise options that aren't as intense. A big mistake I see with people who have exercise programs when they want to lose weight is that they're very, very extreme; and it's very difficult to maintain long term, a hundred percent of the time. But, a lot of times, that's what people have. They have the extreme plan because they want fast and rapid results or they have nothing.

And so, what you want to do is you want to create something in the middle or a few different plans so that if you are low energy, if you are just feeling down, you have something simple like going for a walk or doing a short yoga routine or doing something easy because what's going to happen is it's going to stay in your mind that you're still somewhat on track. And, again, remember, it's much easier to get back on track than it is to feel like you've completely fallen off the wagon and you have to start all over again. There's a big difference.

The other thing is, with you're eating, say you're not feeling a hundred percent, and your eating suffers a little bit, well, again, what we don't want to do is we don't want to get a hundred percent off the wagon.

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So, some of the things you can do is focus on eating an apple or eating some bananas or eating some fruit so that, at least, you're doing something that's keeping you on track – getting a salad, you could skip one certain meal or you could skip one dessert even when you're feeling kind of down.

One of the things I use that works well is I'll think of kind of a scale. So, if I'm in a bad move, and I just kind of eat too much or something, or eat a food that I know is not good for me, what I'll think of is I'd like to balance it out.

I'll give you an example. Actually, yesterday, I had ice cream for lunch. I can't remember ever doing that before. So, I had ice cream for lunch. So, at dinner time, I evened it out a bit and I ate a little bit better for dinner than I normally would have because in my mind, it kind of balanced it out a bit.

Now, I can't just say what this does [inaudible] **05:44** in my body but I think the big benefit is emotionally and mentally because I go to sleep at night and it doesn't feel like a whole day where I was just totally out of control. There's a little bit of balance there at the end. And as I go to sleep, that's a nicer way to go into the following day, I think. So, that's what I'm talking about.

Say, you blow the whole day, and you eat ice cream all day long. Well, maybe, if you drink two glasses of water before you go to bed ... again, that balanced idea is what we're after here. Don't get caught up on the specifics of what I'm saying but just the idea that if you do overeat or eat the wrong foods, balance it out a little bit. Do something else that will balance you a little bit so when you think about the day, you can, at least, think of that part of it as well because remember, it's just so easy for our minds to go into this all-or-nothing mode, and if you can break out of that, that can be one of the greatest things that you can do.

So, we're talking about some exercise strategies, some nutrition strategies, and, again, I want you to think of your own. I think the main overriding idea here is that you want to balance things out. The best stuff will happen naturally and it will happen on its own. Sometimes, we get into that mood but what you want to get good at is intentionally balancing it out.

And I promise you, I think you'll feel a lot better even if the bad day is going on for a week. If you feel like you overate everyday and exercised, but everyday, you did one little thing, I'm telling you that it's going to make you feel a lot different. And when you get back on track on full focus again, it's really nice because you don't feel like you're starting from negative 10 where you let go an entire week. You feel like you're starting on a neutral place and that you have some momentum, at least.

So, let's talk about emotions, too. Again, it can be disappointing that when you're doing well, all of a sudden, you get off track. This is, I think, something that's

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responsible for a lot of people's failure ultimately with weight loss. So, what we want to think about is ... again, losing the weight, being on track, doing things well, feeling proud of yourself, and then you get off track. That's natural. That's happens. There are a million reasons why. It doesn't matter why. It just matters that that happens. It's completely natural to be doing really well and then, get off track.

I know that this isn't probably what you want to hear but we need to address the things that no one ever talks about. It's easy to get motivated and focused for a couple of weeks or a week and everything's great. But we need to recognize that there's going to be this kind of movement in our behaviors. So, when it comes down, some of the things we want to remember are ... okay, first we can accept it. I'm just kind of down.

I've somewhat recently learned that when I do feel down emotionally, mentally, and physically, I allow myself to feel that way. There's nothing wrong with it and I found that allowing me, in and of itself, was very helpful because although I would feel down, I noticed that my behaviors weren't as destructive. Just because I was kind of down, tired, depressed, or whatever, I wasn't eating as much so I noticed that first.

So, if you get down, that's okay. Recognize it and begin asking yourself the question, what can I do to feel a little bit better? I do feel like crap. I'm not going to do that work I was supposed to do. I'm going to give myself a break.

A lot of times, people do that with the food. They use the food to give themselves permission to take a break from some job they don't want to do or some task they have to accomplish but they don't want to do it so they use the food as the thing to blame for not getting that done or the use of alcohol or drugs.

But the point is that if you recognize that you don't feel like doing that thing, you can give yourself permission to not do it, and go take a nap instead or go for a walk or do something a little bit healthier. I want you to notice that thing that goes on in us that when we have something we don't want to do ... and I'm not telling not to do things that you don't want to do, but sometimes you know you're in that place and you're not going to do them anyways. If you're in that place, give yourself permission to take the day off, and do something a little bit better and healthier for you than pigging out or doing anything destructive in that way.

The other thing is that as you do feel bad, as you begin to recognize that there are ups and downs in our lives regardless of how we eat and how we exercise, when those "downs" come, if you realize that if you can keep this down not so deep, that you're going to come back, and when you come back, you're going to feel even better.

So, I think of that all the time because, at one point, I was trying to keep myself going like this forever. And when I was going like this, and I hit it down, I would feel really

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bad about myself. I'd get really upset because I'm doing everything I'm supposed to do and I still don't feel good.

And it wasn't until I started to accept that this is the way it goes that I finally accepted when the down came and then, I started working on how I can just let the down happen and not do anything to make it even worse. Before, if I start to feel down, I start to pig out, [inaudible] **11:00** and when I came up, it just felt even harder. I'd say what's the point of even exercising again? I blew a whole a week.

So, you want to get out of those long-term downs and make them shorter. And, again, primarily, just recognize this natural oscillation of up and down, accepting that, and appreciating it and enjoying it because you can absolutely affect it. You can't make it like this as far as I can tell. But what you can do, I believe, is kind of make it like this so that, overall, it's going up. But even along that up trajectory, there's going to be some time when you just don't feel great, and that's okay.

So, allow yourself to not feel great all the time. You don't have to. That's not what this is about. That's kind of an unrealistic expectation, I believe; and if you're holding on to that, it can be very, very destructive because if you can't live up to that, then the [inaudible] **11:55** what's the point of any of this?

Well, there is a point and the point is that as you keep going up this way, as you get up higher and higher, as your weight goes down and you still get a little bit down or depressed, it's okay because it doesn't last that long; and then, you can come out of it quicker feeling even better. And then, when the up comes up, you try and maintain that as long as possible, exercising and eating the way you want to and all the rest of it.

So, I hope this has been helpful to you because, again, it's not the stuff I usually get to talk about right away and it might not be the exact strategies that people are looking for at meal planning or exercising. But in my experience working with a lot of clients, this is just one of those areas and one of those things that's just kind of a silent saboteur; and if it's not dealt with, it can be very destructive.

On the flipside, it's actually very simple and one of the easier things to deal with. And so, if you deal with it or you think about it when you're not feeling great or a hundred percent, see if it helps you out. See what it's like. See how it affects you a little differently than doing the all-or-nothing route.

So, think about this and I'll talk to you next week.

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