

TRUST FALL HEALTH COACHING

Empowered Responses:

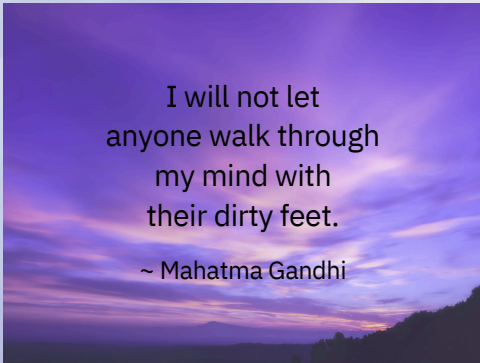
*Navigating Food & Body
Comments with Confidence*

Empowered Responses: Navigating Food & Body Comments with Confidence

Comments about food or bodies can arise at any time—whether it's a family holiday dinner, a casual get-together with friends, or a work function. These comments, even when well-meaning, can feel intrusive, frustrating, hurtful and are often harmful. They can also perpetuate harmful anti-fat bias ideas about body size, food choices and health.

This guide is here to help you feel prepared and confident in handling these situations. With thoughtful strategies and tools, you'll be able to set boundaries, redirect conversations, and prioritize your peace of mind. One powerful technique we use in my *EmpowerWell-Being* program is mental rehearsal. By visualizing and mentally preparing for these encounters ahead of time, you can respond with confidence and preserve your energy in the moment. Remember, preparation is half the battle and anticipating these interactions helps you stay grounded and in control.

You deserve to enjoy every gathering on your own terms—free from judgement or unsolicited advice. Whether you're gearing up for a festive holiday meal or navigating an everyday event, this guide is designed to support you in reclaiming the joy and connection these moments are meant to bring.



I will not let
anyone walk through
my mind with
their dirty feet.

~ Mahatma Gandhi

Step 1: Set Your Intentions

Before any gathering, reflect on what you want the experience to feel like.

★ How do I want to feel during this event?

Example: relaxed, joyful, respected.

★ What boundaries can help me protect that feeling?

Example: redirecting conversations about food or my body.

Write your intentions here:

Empowered Responses:

Navigating Food & Body Comments with Confidence

Step 2: Prepare Your Responses

Having prepared responses can help you stay grounded when comments arise.

Body Comment Examples:

★ “I’d prefer not to talk about my body. How’s [their interests, work, family] going?”

★ “I’m happy to catch up, but let’s keep the focus off appearances.”

Food Comment Examples:

★ “I’m choosing what feels best for me right now.”

★ “Thanks for your concern, but I’m good with my choices.”

Write your go-to responses here:

Step 3: Enlist a Support System

Identify someone who can back you up if comments come up. This could be a family member, friend or partner.

Who can I trust to support me?

How will I communicate my needs to them?

Empowered Responses:

Navigating Food & Body Comments with Confidence

Step 4: Shift the Conversation

Redirect discussions about food or bodies with engaging conversation starters.

Examples:

- ★ “What’s been the highlight of your week?”
- ★ “What’s your favourite memory from past holidays?”
- ★ “Have you seen any good shows or read anything interesting lately?”

Write your favourite conversation starters:

Step 5: Practice Self-Compassion

Navigating comments can be challenging, so it’s important to care for yourself with kindness and compassion.

- ★ **Acknowledge your feelings:** Take a moment to notice how you’re feeling without judgement. For example, you might think, “That comment made me feel uncomfortable, and that’s ok.” Naming your feelings can help you process them more effectively.
- ★ **Create a mental pause:** If you need space, give yourself permission to take a moment without announcing it. Excuse yourself for a drink, a moment outside, a trip to the washroom, or even practice some breathwork.
- ★ **Reframe your thoughts:** Remind yourself that your worth is not determined by others’ opinions or comments. Try internal statements like, “I deserve to enjoy this time, regardless of what anyone says.”

How will you practice self-compassion after food and/or body comments?

Empowered Responses:

Navigating Food & Body Comments with Confidence

Step 6: Reflect After the Event

After the gathering, take some time to reflect on your experience.

★ What went well?

★ What was tricky?

★ What could I do differently next time?

★ How can I celebrate myself for setting boundaries?

Remember: You have the right to set boundaries and enjoy any occasion on your own terms. Comments on your body or food choices are not a reflection of your worth—you are enough, just as you are.

Want more support in building confidence and setting boundaries?

I help people navigate food and body-related challenges with compassion and clarity. Together, we can:

- ★ Build personal strategies to handle difficult conversations.
- ★ Explore ways to connect with your body and food without guilt or shame.
- ★ Create a path to more self-compassion and peace with your choices.
- ★ Increase energy and develop habits that truly support your health.
- ★ Improve confidence and feel more at ease in your body.

Ready to take the next step?

Let's work together to help you feel more connected to yourself and aligned with what matters most to you. Visit trustfallhealthcoaching.ca to schedule a free consultation and start your journey to health, confidence, balance, and lasting change. You deserve it.