

Setting Boundaries

After years of living a certain way and accepting certain types of behavior and dialogue around food from family and friends, establishing boundaries can sometimes feel overwhelming and create fears of not being liked or being perceived as being abrasive.



Boundaries need to be about what's right for you, not others, so there may be a period where you feel like a lone ship while you're sorting it all out but trust me friend, you will be so much better for it later on. Here are a few ways to help set boundaries that will support your health and nutrition goals

Avoid engaging in discussions about diets and your personal body goals with friends and family. Many times, this can lead to others minimizing or trivializing your efforts. People tend to project their insecurities and struggles onto others so limiting opportunity for this can be a key boundary. Find other topics of conversation other than those surrounding diets if the audience isn't supportive. Learn how to change subjects quickly. Sometimes when we travel down a path of health and fitness, we often find ourselves making new friends and the toxic traits of our previous relationships become much more apparent.

Clean out your social media and find accounts that don't make you feel bad about yourself. Use social media as a vehicle for personal development and growth, not envy and dismay.

Shut down comments made to you about your weight or new eating habits. If asserting that you don't appreciate these comments is brought upon deaf ears, limit your time around this person. Do not engage with the comments and continue on your path.

Bring your own healthy dishes to get-togethers where you know unhealthy food will dominate the menu. Make sure the dish you bring has fiber and protein so it will fill you up and can be enjoyed by all. Being able to fill up on healthy food and still enjoy other's company can help avoid crankiness and even a certain level of resentment.

Remember, you can't control how other people react, but you can control how you approach them, and whether you want to give them your time. You can't control other peoples' perceptions, but you can control how you see yourself. You are worthy of setting and maintaining your own boundaries and allowing what you want into your personal space. You deserve to feel respected and honored by those you keep around you.