

Covid 19 — 15 pounds

By Sylvia Haskvitz

Wondering if any of you are also noticing some of your old eating habits showing up during Covid-19.

Are you searching for more sweet, salty and crunchy foods to satisfy that desire for stress relief, to alleviate your boredom or just to get you through what seems like another GroundHog Day?

You may feel frustrated that some of your usual ways of relieving stress and finding comfort with a weekly or monthly massage or haircut may not be in the cards right now as you navigate your desire for safety.

Stressed about finances and wondering how you will trust that you will have enough resources to pay the bills? Upset about not seeing your grandchildren or wishing you could take that long planned out vacation or time out from life?

For many of us, stress is the air, whether grocery shopping, going to doctor's appointments, keeping a physical distance and still wanting social closeness while visiting with friends or slogging through the day-to-day to do lists.

Food and stress often seem to go hand in hand. Who cares — right? I am enjoying myself. Forget about how I'll feel in 10 minutes when I have downed an entire bag of chips by myself. Right now I want to eat the whole bag. Something about completion, predictability, stability at a time when nothing seems as it was in the past.

How do we stop eating that bag of salty chips long enough to check in with ourselves and find out what needs we are meeting with the next crunch? How do we live in a place of choice so that our intentions, values and desires are in alignment?

As with every aspect of life, we can choose to experience life through an NVC lens of feelings, needs and strategies. We can certainly talk about our feelings as another way to honor and acknowledge the myriad of experiences we are all going through collectively and individually. Like grief showing up for those who know people who have died during this time. We may even experience loss about the unusual ways we are mourning—and celebrating—from a physical distance these days.

The question I ask myself from my CNVC trainer lens and my Registered Dietitian Nutritionist lens is, when I am not physically hungry—as I have eaten 1/2 hour ago and I find myself staring inside my refrigerator:

Am I willing to take a pause to check in with myself to determine how I am in this moment?

Once I identify my feelings and needs, a strategy may show up to connect with what is alive for me. The more conscious I am about the needs I am wanting to meet in eating foods that may not be in harmony with my physical body's needs, the more abundance will show up in the strategies I use to meet those needs.

The next question I may ask myself: if it is food that I am wanting to meet my emotional needs at the moment, can I meet both my physical and emotional body's needs simultaneously and not at the expense of one or the other?

That is the beginning of my self-talk. I don't always act in the way that I would like. And I work towards having compassion for the choices I do make, knowing that next time I may make a different choice.

As Geneen Roth said: "All any feeling wants is to be welcomed with tenderness. It wants room to unfold. It wants to relax and tell its story. It wants to dissolve like a thousand writhing snakes that with a flick of kindness become harmless strands of rope."

Here's to your kind and delicious self-care!

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