

NAVIGATING SOCIAL SITUATIONS

Enjoying Social Events While Staying Balanced

06

Your
Logo &
Tagline



What You'll Achieve This Week

- Learn strategies to navigate food-centric social events.
- Practice setting boundaries and communicating your needs.
- Explore ways to balance indulgence with mindfulness.
- Gain confidence to prioritize your goals in social settings.

Content



Inside?

Challenges of Social Situations



- Challenge: Pressure to indulge.
 - Solution: Plan ahead and enjoy mindfully.
- Challenge: Limited healthy options.
 - Solution: Bring a dish or eat beforehand.
- Challenge: Explaining your choices.
 - Solution: Practice clear and kind responses.



Communicating Your Needs



- Be polite yet firm: “Thank you, but I’m focusing on feeling my best.”
- Keep it simple: Avoid overexplaining or apologizing.
- Offer alternatives: “I’d love to join for a coffee instead!”
- Lean on supportive friends or family members.



Balancing Enjoyment and Wellness



- Use the “One Plate Rule”:
Sample small portions of what appeals most.
- Stay hydrated: Sip water between indulgences.
- Focus on the event:
Engage in conversations and activities.
- Forgive yourself for any slip-ups and refocus on your goals.



Strategies for Success



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- Eat a balanced meal before the event to reduce temptations.
- Research menus if dining out to preselect a healthy option.
- Volunteer to bring a dish that aligns with your goals.
- Decide in advance what indulgences feel worth it to you.



Weekly Resources



- Social Scenario Planner:
Anticipate challenges
and plan responses.
- Mindful Indulgence
Guide: Tips for enjoying
treats without guilt.
- Meal-Out Checklist:
Navigate restaurant
menus with ease.



Thriving in Social Settings



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EVERYDAY
IS A FRESH
START



- Focus on the people and connections rather than the food.
- Remember: One event won't derail your progress.
- Reflect afterward: What worked? What could you improve?
- Celebrate small wins, like maintaining balance in tough situations.



Your Social Success Plan



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- Use the Social Scenario Planner to prepare for one event this week.
- Practice mindful indulgence using the guide.
- Try one boundary-setting phrase at your next social gathering.
- Share a success or lesson learned in the community forum.



Metabolic Reset

Thank You

