

## Ep #27: Solutions to Help You Manage Your Fears



### Full Episode Transcript

With Your Host

**Shannan Christiansen**

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You are listening to the *Weight Loss for Successful Women* podcast with Shannan Christiansen, episode number 27.

Welcome to Weight Loss for Successful Women, a podcast for women who are ready to break the diet cycle and end their struggle with weight for good. Here's your host, Fortune 100 executive and Certified Life Coach, Shannan Christiansen.

Hello loves. Welcome back to the show. I am so blessed that I get to spend some time with all you ladies and I am so grateful that you are listening. So a lot is happening in our world right now and today, I'm going to give you some simple solutions to help you navigate what is happening.

But before we get into the show, I want to give a listener shout-out to EmmWells. She wrote, "Love hearing from someone with so much experience." And I just want to thank you Emm. I love all the reviews and they mean so much to me. I read each and every one of them.

So about one week ago I had heard all of the things on Covid-19, and of course I've heard about it now for a couple of months. But I had no idea the impact it would have and how much things would change so quickly. Last week, so one week ago, my son and his family were in Disneyland and Jumpstart was opening and I had a few days off from my job.

And in just one day, from a Wednesday to a Thursday, Disneyland had closed, I was on multiple calls with my day job, grocery store shelves had emptied, all of my travel from my day job had been canceled, schools were starting to be canceled. It has been moving so fast, it can feel like it's hard to keep up with. Like we're out of control.

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In the days that have passed, many things have changed. Many of us are staying home, schools are canceled, and all of us have been impacted in some way. When everything changes so quickly, love, fear, uncertainty, and frustration are feelings that come up.

Even if we want to ignore what is happening, somewhere in our brains, we are thinking what if? What if the world ends, if I can't get food? What if the economy doesn't survive? What if all the Mad Max movies come true?

We have this primitive lizard brain that is always on the lookout for danger. And now, all of our lizards are in hyperdrive. So what do we do? Loves, we cannot control the world or what is happening. We can be informed, take precautions, but we cannot change any of it.

When we let our lizard brains go into full hyperdrive without managing our minds, it makes us suffer. We feel bad. We worry. And then love, we eat. We throw all the things that we've been doing to take care of ourselves out the window because we still believe that a cookie will solve it. We believe a cookie will bring us comfort and joy, but it doesn't.

This too shall pass, my love. It will. And how we've shown up for ourselves during this is so important. We can eat our way through this, not drink our water, stay up watching the news, not doing our reflection work, but in three to six months, where will we be? Will we have gained about five to 20 pounds?

I say this, love, because it is so easy in times where we feel fear to try to push that feeling down with food. But it just never works. It keeps coming up over and over again. And I want different for you, love. I want you to get through this being able to feel the fear, the uncertainty, being able to take care of you.

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Because when we show up for ourselves and take care of ourselves, it's the only way we can show up and take care of others. I want to offer you a couple different solutions as life rafts during this difficult time. The first is routine.

So many of you have been following my four fundamentals, and keeping the routine of making your realistic plan, getting your sleep and water, eating more fuel food than not, and reflection work, and continuing to implement your routine is critical during times of stress and uncertainty.

My four fundamentals are the basics of weight loss. Routine is so important right now. Even if your routine has changed because maybe you're at home, what routines can you implement to make sure that you're taking care of yourself?

If you're not familiar with my four fundamentals, you can get my free course at [bflycoaching.com/free-course](https://bflycoaching.com/free-course). And we'll also place all of these links in the show notes and you can get those at [bflycoaching.com/27](https://bflycoaching.com/27).

Having a routine and following my four fundamentals can help you through this time, love. The second solution that I want to offer you is community. I know that most of us are at home and we will start to feel isolated. It's so important in weight loss that we have support. Weight loss can feel like such a lonely journey.

I have this community of beautiful women, so if you're a Jumpstarter, come to the coaching calls. I'm doing an extra coaching call each week. Be active in your accountability team. Also, I'm offering one-on-one coaching to my Jumpstarters to help them get through this.

And also, reach out to your BFly sisters. They are there to help you any time. Now, if you're not a Jumpstarter, join my free Facebook group,

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Weight Loss for Successful Women. I'm going to do an extra Facebook Live in that group over the next couple of weeks.

So I'm going to go from one a week to two a week. The link to join will be in the show notes at [bflycoaching.com/27](https://bflycoaching.com/27). I'll also be doing extra fun stuff in both groups to continue to support you because love, I got you.

I want to leave you with a couple of transformational questions. How can you continue or change your routine to still serve you during this time? And how can you have community even when you're at home?

Loves, I am here for you and I want you to know that this too shall pass. It is a moment in our history. I am sending you lots of love during this time and so much love from me and my family to all of you and your family. And I'll see you in the community. Alright, bye for now, love.

If you love this work and want to go deeper, take my free course. You can learn more about it at [bflycoaching.com/free-course](https://bflycoaching.com/free-course). Bye for now, loves.

Thank you for listening to this episode of Weight Loss for Successful Women. If you love what you heard today and want to learn more, come over to [bflycoaching.com](https://bflycoaching.com). That's B - F - L - Y coaching dot com. See you next week!