



# Staying Connected While Using GLP-1 Medicines



Positive social connection—without making food the center of every gathering.

## Why Connections Matter

Strong social relationships are consistently linked with better health and longevity. Social support-based approaches can also help with weight-related behavior change and maintenance.

### COMMON “SOCIAL FRICTION POINTS” ON GLP-1S (YOU’RE NOT ALONE)



**You may eat much less than before.** Family or friends may worry (“Are you eating enough?”) or feel rejected (“You didn’t like my cooking?”).



**Meals can feel different.** You might prefer smaller portions, slower pacing, or different foods.



**Alcohol-centered socializing may shift.** Some people choose to drink less or not at all; that can change group dynamics or invite questions.



## Keep the relationship—change the script (easy phrases that reduce tension)

### When someone comments on your smaller portions:

- “I’m focusing on how I feel—smaller amounts work better for me right now.”
- “I’d love to be here with you. My appetite’s just different, so I’m keeping it light.”

### When food is offered repeatedly:

- “It looks amazing—can I take a small portion (or some home)?”
- “I’m pacing myself. I’ll start with a little and see how it goes.”

### When someone worries you’re not participating:

- “Being together matters to me more than how much I eat.  
Tell me what’s new with you.”



## Make meals work when you’re eating less (without awkwardness)

Shift the goal from “eating together” to “being together.”

Family meal research highlights that meals can carry pressure and “ideals” that aren’t realistic for every household—reducing the moral weight of the “perfect meal” can help.

### Try these practical options:

- 1 PLAN A “SMALL PLATE” APPROACH**  
Appetizer portion, soup/salad, or a few bites plus a beverage.
- 2 OFFER A ROLE THAT ISN’T FOOD-SIZED**  
Help set the table, bring a nonfood item (flowers), start a game after dinner.
- 3 CHOOSE CONNECTION CUES**  
Sit at the table even if you’re eating lightly; stay for conversation.
- 4 NORMALIZE LEFTOVERS**  
“This is perfect—can I pack the rest for tomorrow?”

# Build connection that isn't food-based (often feels easier on GLP-1s)

Pick one this week:



A walk-and-talk  
(10–20  
minutes counts)



Coffee/tea  
meet-up



A class  
(movement, art,  
volunteering)



A shared  
hobby night  
(cards, puzzles,  
music, gardening)



A standing check-in  
text: "1 good  
thing today?"

