

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a clean, white space where the text is positioned.

Mindful Eating Session #4

Review-

- ▶ Thoughts on Weight graph
- ▶ Awareness of thoughts
- ▶ Challenges
- ▶ Successes

Solve Problems

- ▶ Becoming an effective problem solver can help feel more in control, less upset, and therefore less likely to turn to emotional eating
 - ▶ Identify the problem-sometimes easy/sometimes more difficult
 - ▶ Once the problem is identified consider: (Seven Question Technique)
 - ▶ What kind of thinking error could I be making?
 - ▶ What is the evidence that this thought might not be true or might not be completely true?
 - ▶ Is there an alternative explanation or another way of viewing this?
 - ▶ What is the most realistic outcome of this situation?
 - ▶ What is the effect of my believing this negative thought and what could be the effect of changing my thinking?
 - ▶ What would I tell my friend if she were in this situation and had this same kind of thought?
 - ▶ What should I do now?

▶ Sabotaging thoughts can get in your way- undermining your confidence

- ▶ I can't do this. I can't solve this problem.

Helpful response: Most problems can be solved-or partially solved-even if I don't see the solution right now.

- ▶ This solution isn't going to work.

Helpful response: It might or might not. Maybe I should try it. I can call on a friend to help me figure out what to do.

- ▶ I don't even want to think about the problem. I'd rather just eat.

Helpful response: Eating is just a short-term fix that'll make me feel even worse in the long run.

Question for Notebook

- ▶ The next time I have a problem, instead of turning to food, I'll.....

Believe It

- ▶ I'm losing weight because I've learned how. I now know:
 - ▶ What I have to do (plan my eating, eat slowly while sitting down, use anti craving strategies)
 - ▶ What I have to remind myself (hunger and cravings are NOT EMERGENCIES, NO CHOICE, Oh well)
 - ▶ How to motivate myself(get support, read Advantage Response Card, give myself credit everyday)
 - ▶ How to stay honest (report to my diet coach)
 - ▶ Give yourself credit



▶ Sabotaging Thoughts

- ▶ If I start to believe that I can do this, I'll jinx myself

Helpful response: On the contrary, if I believe I can't do this, then I'm likely to run into trouble when dieting gets tougher. If I build my confidence I will keep making progress.

- ▶ If I recognize my progress, I'll get too confident and start to loosen up.

Helpful response: I'll be able to catch myself, as long as I continue to review my To Do list and hold myself accountable

▶ Sabotaging Thought

It is a lot of work to do these things forever—

Helpful Response: I don't need to use all my skills forever, and the ones I do need will come more and more automatic. The results are worth it!!

Question for Notebook

- ▶ Whenever I begin to worry that I can't lose weight, I'll remind myself.....

Reduce Stress

- ▶ Everyone experiences stress. Mild stress can be helpful to assist in motivation to be productive. But high levels of stress can be counterproductive.
- ▶ Three steps to lower stress:
 - ▶ Solve the problem: If too stressed-go back to the priority chart. Use the Seven Questions Technique to respond to negative thoughts. Reach out for help.
 - ▶ Relax: Chronic stress can make your body tense. Deep breathing and progressive muscle relaxation.
 - ▶ Change our mindset: You can be chronically stressed due to allowing unreasonable rules to guide your behavior. These rules usually have “should or shouldn’t” in them.

▶ Identify the rules you have for yourself: Your “should” and “shouldn’ts” will show up when you try to problem solve and exclude more reasonable solutions if your rules are too rigid.

▶ Attempt to relax self imposed rules:

Consider whether you would want your loved ones to live by a particular rule

Think of advantages of changing your rules

Take the words “always” and “never” out of rules

▶ Relax your rules of others: Do you find yourself having unreasonable expectations of others?

Other people should always be perfect

Other people should be able to read your mind

Other people should always be grateful

Other people should not make me unhappy

▶ Relax your rules for others

Recognize that you do not have control over others-only able to control self

Think about advantages of changing your rules

Try to take the words *always* and *never* out of rules

Change should and shouldn'ts to be realistic --

Realize others will make mistakes

Not everyone will be grateful

They won't know what I want or need unless I tell them.

Question for Notebook

- ▶ The next time I feel stressed, I will.....

Deal with Plateau

- ▶ Many individuals feel that they should be able to lose weight every week without interruption-do you feel that way?
- ▶ Usually goes: lose some-stay same for week or two-lose some more-gain a little back-lose some more-plateau for week or two and so on....
- ▶ Mini plateaus are normal can be due to water retention, hormonal changes, or other biological influences
- ▶ Also maybe more calories and less exercise

- ▶ If you expect the scale to go down every week, you're setting yourself up for disappointment-occasional plateaus and small weight gains are inevitable
- ▶ We can address plateaus that last a week or longer
- ▶ If you hit one of these longer plateaus you have 4 options:
 - Continue to do what you are doing and see if you start to lose weight again
 - Reduce your daily calorie intake
 - Increase your daily exercise by 15-20 minutes
 - Call this our goal weight and move into maintenance

*****You should expect occasional weight gains or plateaus even if you've done everything right

Keep Up with Exercise

- ▶ When struggling you can:
 - ▶ Focus on how you'll feel after you finish-not on how you feel at the beginning-reminder hardest part is getting started
 - ▶ Put exercise in the NO CHOICE category
 - ▶ Meet a friend or trainer
 - ▶ Give yourself credit
 - ▶ Focus on progress
 - ▶ End your session with something positive
 - ▶ Make sure you are doing some type of exercise you like

▶ Sabotaging thoughts

- ▶ It's okay to skip exercising today because I don't want to, I'm too tired
 - ▶ Helpful response: It's not okay. Exercise is an essential part of losing weight and maintaining my weight loss.
- ▶ I'm not going to keep this up forever, so why start?
 - ▶ I can do it today. If I have trouble doing it later on, I'll solve that problem then.
- ▶ I'm not the exercising person.
 - ▶ I don't have to be an exercise fanatic. I can continue doing what I've been doing and just gradually increase it.

Expand Your Horizons

- ▶ Many dieters believe they shouldn't pursue new interests and goals until after they have lost excess weight.
- ▶ Expanding your activities lifts your mood and gives you lots of non food related opportunities for pleasure and satisfaction. Improving your life actually increases your chances of diet success!

Prepare for the Future

- ▶ CONGRATULATIONS!!! You have completed this module
- ▶ Hopefully you have learned some powerful skills to incorporate in your life
- ▶ What did you find most valuable?
- ▶ What challenges do you feel you face?
- ▶ Review with the social worker at your next appointment