


Shedding the Weight


Week 1

Main Line
587-287-1727




Ice Breaker

- Introduce yourselves-what's your name? Tell us a bit about you.
- What are your expectations of today?






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Group Norms

- Hope to create a safe supportive environment for you to share
- Privacy
- Class duration approx. 2 hours
- Feel free to stand up or move around if needed
- If you need to leave during the class please let us know
- Any others?



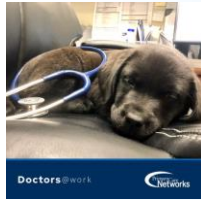


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What is Highland Primary Care?

- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, a Dietitian, Kinesiologist and Pharmacist)
- **If you doctor between Airdrie and Didsbury your doctor is a part of the PCN. Each doctor's office or medical home has a nurse and social worker attached.**



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What is the Health Improvement Program?

- Guides individuals who are ready to take their health in their own hands and improve their quality of life.
- A variety of group classes you can choose what you would like to take when
- Flexible schedules
- Option of 1:1 visits in the medical home (phone/virtual)



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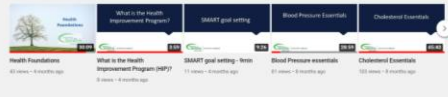
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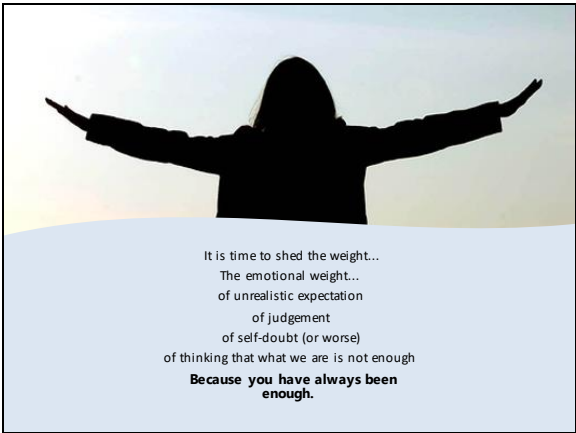




Is this right for you?

- Would you like to...
 - Reject diet culture
 - Enjoy the food you are eating?
 - Make food and eating pleasurable and not a chore?
 - Trust your body to maintain its own best weight?
 - Take time to eat and nourish yourself. Paying attention while you eat?


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Bringing Awareness to Our Breath



- Simple bringing awareness to your breath
- Heart centered breathing



Sections Each Week



Mindful Moment



Mastering Our Minds



Stress Reduction



Serving up a New Skill

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Week 1: Setting the Table-Am I Hungry?



Mindful Moment:

- Bringing Awareness to Breath



Mastering Our Minds:

- Neuroplasticity



Stress Reduction:

- Introduction to Stress Reduction



Serving up a New Skill:

- Building Awareness
- Am I Hungry?

RECAP: Weight Management Myths and Truth...

- 3 Common Myths & Truths
 - The number on the scale
 - Diet myths and how restriction can lead to weight gain
 - Reframing our thinking
- What's working better
 - Fueling and hydrating the body
 - Enjoyable Movement
 - Self-acceptance
 - Mindful Eating



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Nourishing Yourself is...

- Awareness of body cues.
- Recognition of non-hunger triggers for eating.
- Selection of food for both nourishment and enjoyment.
- Eating for optimal satisfaction and satiety.
- Using the fuel you've consumed to live vibrantly.



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You are also not alone ...

- Many people struggle with food and eating
- When you consider:
 - Our food environments
 - Lack of sleep
 - High Stress



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Do you ever...

- Eat in front of the TV?
- Dashboard dine?
- Feel guilty about eating something so you eat it faster?
- Tell yourself "I shouldn't" but then eat it anyway and then eat way more than feels comfortable?



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Consider Environment

- Surrounded by food at all times – often the foods that are calorie dense nutrient poor are easy, fast, cheap
- Consider your food environment? What foods do you surround yourself with?
- How can we make the healthier choice easier for ourselves?
- Are you surrounded with friends and family who will support you with healthier choices



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Neuroplasticity

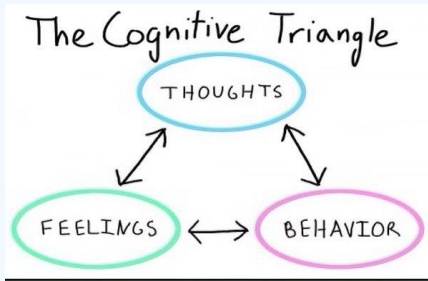


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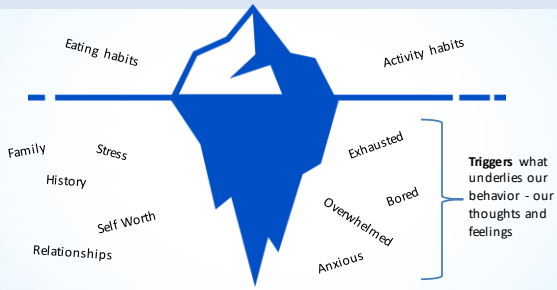
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Cognitive Behavioral
Therapy = CBT



The Iceberg



Michelle May



Rewire Your Brain

It is possible to re-wire your brain.

Changing our brain...



- Thoughts and feelings impact behaviors
- We have the power to change our thoughts and rewire brain pathways.
- How do we start this rewiring?



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Mindfulness is paying attention on purpose



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Mindfulness







- Awareness
- Observation
- Being in the moment
- Being mindful of the environment
- Non-judgement
- Letting go
- Acceptance

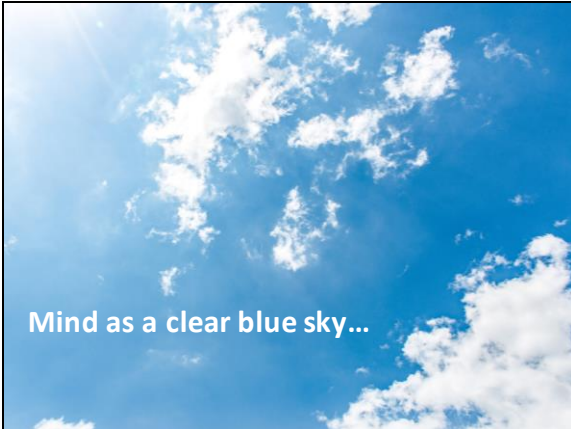


Empty Boat (Optional)



and even though his eyes were closed and he was trying to meditate he became very upset

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Mind as a clear blue sky...

Introduction to Stress Reduction

The greatest weapon against stress is our ability to choose one thought over another.

~ William James

Our Brain and Nervous System

- It can be helpful to know a little about what our body and brain are doing when we are feeling anxious or "stressed."
- Learning patterns can help us change our response
- There are 2 sides to our nervous system
 - Sympathetic: "Fight or Flight"
 - Parasympathetic: "Rest and Digest"



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The Fight, Flight, or Freeze Reaction

- More energy
- Move fuel stores to big muscles
- Narrow blood vessels
- Heart and breathing speeds up
- Increased muscle tightness
- Tunnel vision (vision narrows to a smaller point)
- Senses on alert
- Air (oxygen) being pumped away from brain

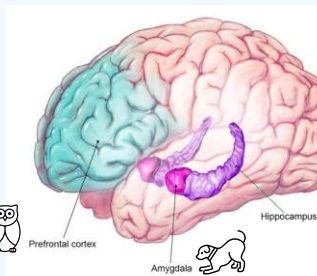


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The Owl and Guard Dog






Stress is not an enemy




- Bodies way of helping us respond to a situation
- It is natural and adaptive. Its purpose is to help us with challenges and obstacles.
 - Examples: stress hormones secreted in the night help us wake up or exercise is a form of mild stress



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Unchecked Stress






If we have a stress response and do not utilize it, overtime this can be detrimental to our health

- Suppressed immunity
- Linked to high blood pressure, high cholesterol and higher blood sugar eventually impaired glucose/Diabetes
- Tendency to store calories (more difficulty with weight management)



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In times of stress it's important to keep it simple



- Keep a regular sleep schedule
- Keep your feet moving
- Eat foods that make you feel good about yourself
- Connect with the people who are important to you



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Change your thinking, Change your life

A+B=C

- The Event or Trigger + Beliefs (or how you think about the event or trigger) = The Consequence
- Most people think that A=C



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Building Awareness



Cognitive Model

- Helps us understand how our thoughts, feelings (emotions), and behaviours/actions are connected.
- If we can better manage our thoughts and feelings we can improve our quality of life.



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New Skill: Awareness



- Please fill out your journal page 3-7 days in the next week
- Make a plan for the days and times you will do this now



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New Skill: Am I hungry?



Shedding the Weight
Am I hungry?

MINDFUL EATING LOG

EAT WITH THE INTENTION OF FEELING BETTER AFTER YOU FINISHED THEN BEFORE YOU STARTED

TIME	WHAT I ATE/DRANK	HUNGER SCALE 1-10 (BEFORE AND AFTER EATING)	DOING	THINKING AND FEELING

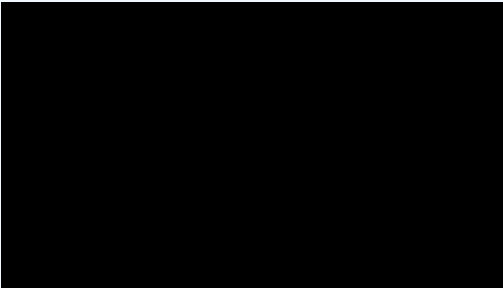
Plan to fill this out at least 2-3 days next week. What are the dates and times you will do this?



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One Mindful Bite






Identifying the Emotion

- We start by taking a moment to ask ourselves, “Am I hungry?”
- If we are not hungry can we identify the emotion that we are feeling?
- From there we ask ourselves, “What else can I do to nurture myself when I am feeling ____?”



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*Shedding the Weight
Am I hungry?*

EMOTIONS INVENTORY





When things are uncertain	When life is good	When the heart is open	When we search for connections
AWKWARD	CALM	BETWYXED	CONNECTED
APPREHENSIVE	CONTENT	DEFENSIVE	DISCONNECTED
AVOIDANCE	COURTAGE	FULFILLED	DISCOMFORT
DEAD	GRATITUDE	HEARTBROKEN	ISOLATED
FEAR	HAPPY	LONELY	LONELY
EMBARRASSED	JOTTAL	REALIZING	
STRESS	WELLNED	THWILLED	
VULNERABLE			

When things aren't what they seem	When things are out of balance	When we self-assess
AMUSED	LETHARGIC	PRIDE
CONFUSED	SLEEPY	HUMILITY
CONFLICTED	RUSHED	



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Home Exploration

- Bringing Awareness to Our Thinking
 - Taking an Internal Temperature Check
 - Mindfulness breathing or Other practice
- Fill out your journal page 3-7 days in the next week
- Fill out the Mindful Eating Log for 2-3 days
- Consider if you are not hungry... what are you feeding? What is the emotion you are feeling?
- Start to consider if I am feeling X what are some positive ways I could take care of myself

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Week 1: Check Out

-  **Mindful Moment:**
 - o Bringing Awareness to Breath
-  **Mastering Our Minds:**
 - o Neuroplasticity
-  **Stress Reduction:**
 - o Introduction to Stress Reduction
-  **Serving up a New Skill:**
 - o Building Awareness
 - o Am I Hungry?

You're More Beautiful Than You Think



