

Shedding the Weight

Week 3

Main Line  
587-287-1727

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5 Minutes Off





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Week 2: Recap





**Mindful Moment:**

- o 3 Minute Breathing Space



**Stress Reduction:**

- o Problem Solving
- o Setting Boundaries



**Mastering Our Minds:**

- o Mindful Eating
- o Types of Hunger
- o Triggers and Responses



**Serving up a New Skill:**

- o Deactivating a Trigger
- o Nurturing Yourself

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**Mindful Moment:**

- o 5 Minutes Off



**Mastering Our Minds:**

- o Thoughts and Thinking
- o Containment
- o Journaling



**Stress Reduction:**

- o Positive Self Talk
- o Building Resilience
- o Deep Breathing



**Serving up a New Skill:**

- o All About Cravings

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Thoughts and Thinking



There is nothing either good or bad, but thinking makes it so.

William Shakespeare

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Anxiety/Stress: Common Thinking Errors

- Worry
- Overestimate the likelihood a bad thing will happen
- Catastrophizing
- Self Doubt
- All or Nothing
- Fortune Telling





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# Characteristics of Worry

- We think it is helpful – it is not
- We think we don't have control over it – we do
- We try to suppress our worried thoughts, which strengthens worry



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# Containment



- What has worked for you?
- Containment
  - The Worry Box
  - Worry Journal
  - Scheduling a Time to Worry
  - Challenge Your Worried Thinking



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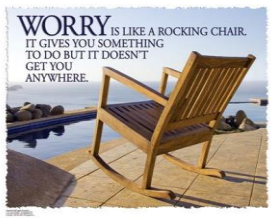
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# Challenge Over Thinking

- What is the worst that could happen?
- Is it likely to happen?
- It's possible but is it probable?
- Am I problem solving or is it just worry?



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## Thought Stopping: STOP

When noticing problematic thinking or behaviors:

- S** - Stop
- T** - Take a step back
- O** - Observe
- P** - Perspective or Point of view



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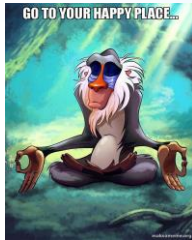
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## Distraction

- Challenge your mind to shift your thinking
- Shift your location to get away from the trigger (if possible)
- Shift gears to an activity (eg. something fun and enjoyable)



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## Journaling



Getting your thoughts on paper is a great way to bring awareness to your thinking and how that changes from day to day and even moment to moment




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## Journaling for Clarity: 2 Methods



1. Sit down in one session and try to write out every thought that you are having
2. Keep a notebook with you and every time you have a new thought jot it down



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## Positive Self Talk



- Self acceptance is key, we are unable to move forward if our self talk is negative
- Becoming aware of our own habits is the first step
- Create opportunity to recognize that our self worth is valuable and wellbeing is a priority



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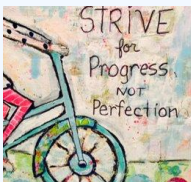
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## Using Affirmations or Quotes



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## Build Your Resilience




Utilizing daily strategies can help build our resilience. If we are more resilient we can be more proactive rather than reactive to stress.

There are many ways to build your resilience:

- Self care what do you need to do to take care of yourself ?
- Breathing, Relaxation Response, Progressive muscle relaxation
- Focus on your strengths
- Gratitude
- Social Support



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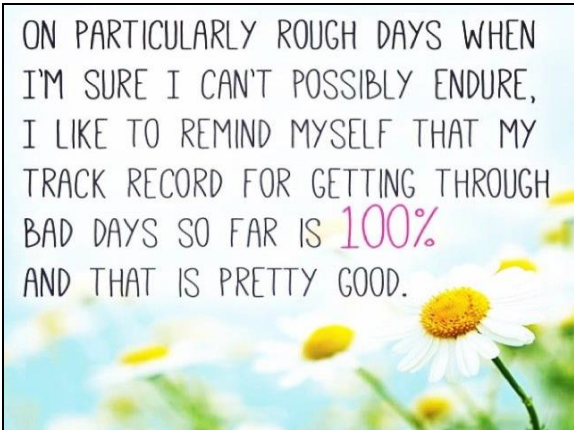
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ON PARTICULARLY ROUGH DAYS WHEN I'M SURE I CAN'T POSSIBLY ENDURE, I LIKE TO REMIND MYSELF THAT MY TRACK RECORD FOR GETTING THROUGH BAD DAYS SO FAR IS **100%** AND THAT IS PRETTY GOOD.




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## Keep it Simple

- Maintain good sleep habits to give yourself the best chance of getting a good nights sleep
- Eat foods that help you feel your best
- Add movement
- Get outside





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### Deep Breathing





- Belly breathing
- 4-7-8 breathing
- Heart Centered breathing





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### Cravings







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### Embracing a Craving



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Rating a Craving



- It takes time to really tune into our own cues of hunger and fullness. It can take even longer to experiment and see which combination of foods will make us function at our best.
- Rating food on a craving scale 7,8,9,10
- Or do I really, really, really, really, really want this



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Riding Out a Craving



Say we have decided we don't really, really, really, really want a stale doughnut.

- Can we distract ourselves so we are not thinking about it. Maybe for one minute?
- Remember you can have anything you really, really, really want but you are in control. Only you can know what will make you feel good.



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Noting Your Triggers and Finding an Alternate Route



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### Going for Seconds... Wait for 20

- Take the time to ask, "Am I hungry?" Perhaps it is just "mouth hunger" and don't worry you can have that food again another time.
- Tell yourself you can have anything you want but wait 15- 20 minutes.
  - It takes our brain about that amount of time to catch up with our bellies.

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### Week 3: Check Out

**Mindful Moment:**

- o 5 Minutes Off

**Mastering Our Minds:**

- o Thoughts and Thinking
- o Containment
- o Journaling

**Stress Reduction:**

- o Positive Self Talk
- o Building Resilience
- o Deep Breathing

**Serving up a New Skill:**

- o All About Cravings



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### Keeping the Change

- **Week 1 "Am I hungry?":** If I am not what I am feeding?
- **Week 2 "Setting the Table":** Explored our triggers for problematic eating and new ways to take care or nurture ourselves
- **Week 3 "Digging In":** Our thinking and cravings



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Thank You



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- Evaluation



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