



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?



connect with us hpcn.ca

get social @highlandPCN




Zoom Basics (Virtual)

- You may have your video on or off.
- Please mute when your not speaking.
- Please feel free to ask questions either by unmuting or using the chat box.
- Any questions?

connect with us hpcn.ca

get social @highlandPCN



Group Norms

- Hope to create a safe and 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

Virtual Norms

- By participating in remote learning today, you agree that you may not save, record, share, or post this session or any photos from this session.
- Participants agree to participate in these virtual sessions in a quiet, private area free of distraction.



What is the Highland Primary Care Network?

- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, Dietitian, Kinesiologist, Pharmacist & Mental Health Therapist)
- Covers area from Airdrie to Didsbury. Each doctor's office or medical home has a Nurse and Social Worker attached.



Doctors@work

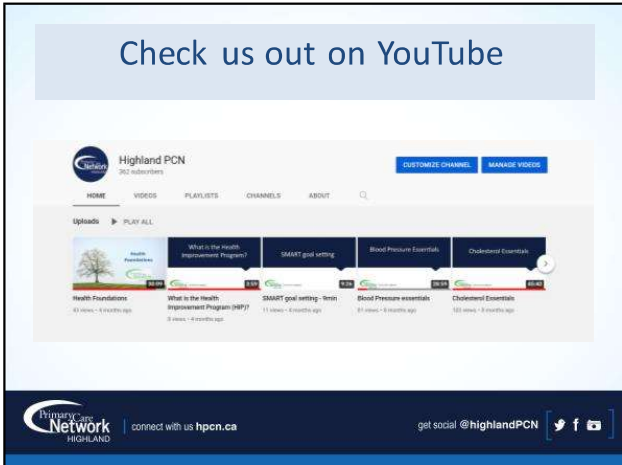


What is the Health Improvement Program?

- 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)



Check us out on YouTube




Housekeeping

- Handouts
- Website www.hpcn.ca



My job is to awaken possibility
in other people.
—
Benjamin Zander






It is time to shed the weight...
 The emotional weight...
 of unrealistic expectation
 of judgement
 of self-doubt (or worse)
 of thinking that what we are is not enough
**Because you have always been
 enough.**

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?

 connect with us hpcn.ca
get social @highlandPCN


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



connect with us hpcn.ca

get social! @highlandPCN



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



connect with us hpcn.ca

get social! @highlandPCN



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.



get social @highlandPCN



You are also not alone ...

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



get social @highlandPCN



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?

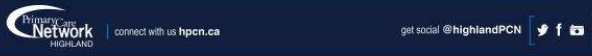


get social @highlandPCN

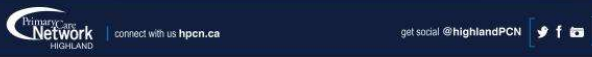


Consider Environment

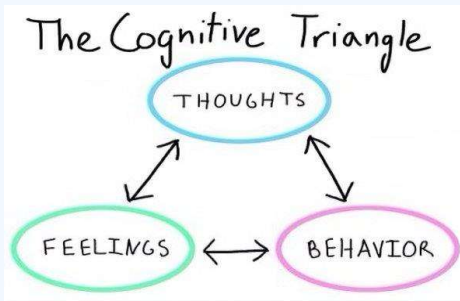
- Surrounded by food at all times – often the foods that are calorie dense nutrient poor are easy, fast, cheap
- Consider your food environment? What foods do you surround yourself with?
- How can we make the choices that serve us easier for ourselves?
- Are you surrounded with friends and family who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

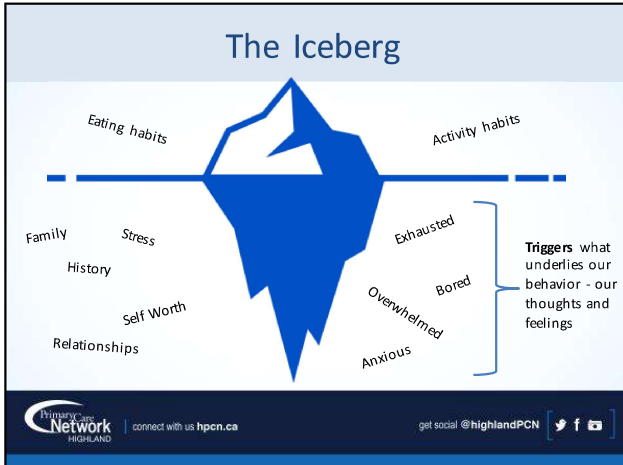


Neuroplasticity



Cognitive Behavioral Therapy = CBT





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?

Primary Care Network HIGHLAND | connect with us hpcn.ca | get social @highlandPCN

Mindfulness is paying attention on purpose

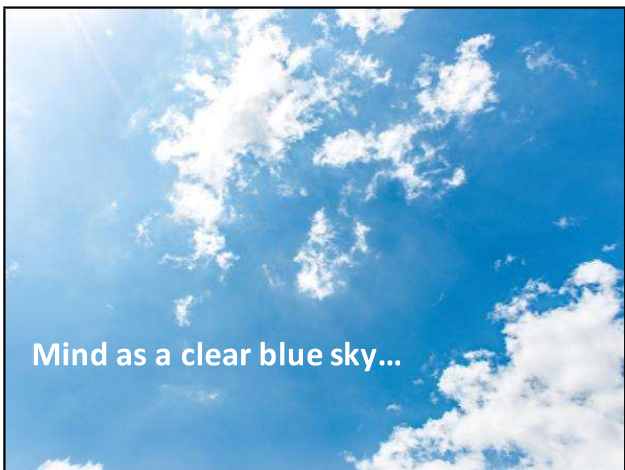
Mind Full, or Mindful?

HighlandPCN Network HIGHLAND | connect with us hpcn.ca | get social @highlandPCN

Mindfulness 


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





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

Primary Care Network HIGHLAND | connect with us hpcn.ca | get social @highlandPCN

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"

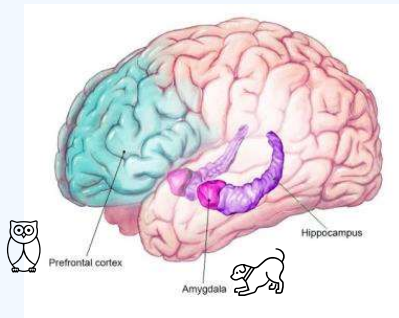
Primary Care Network HIGHLAND | connect with us hpcn.ca | get social @highlandPCN

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

Primary Care Network HIGHLAND | connect with us hpcn.ca | get social @highlandPCN

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

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)

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






 connect with us hpcn.ca get social @highlandPCN 


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

 connect with us hpcn.ca get social @highlandPCN 


Empty Boat (Optional) 




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

 connect with us hpcn.ca get social @highlandPCN 


New Skill: Awareness



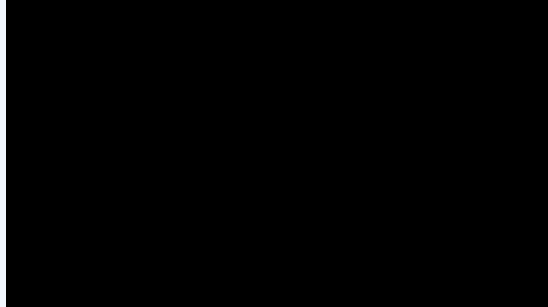
- Please fill out your journal page 3-7 days in the next week
- Make a plan for the days and times you will do this now



connect with us hpcn.ca

get social @highlandPCN 

One Mindful Bite



New Skill: Am I hungry?



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



connect with us hpcn.ca

get social @highlandPCN 

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 _____?"

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
ANXIOUS	CALM	BETRAYED	CONNECTED
APPREHENSIVE	CONTENT	DEFENSIVE	DISCONNECTED
AWKWARD	EXCITED	FULFILLED	INSECURE
DEAD	GRATISFIED	HEARTBROKEN	INVISIBLE
FEAR	HAPPY	LOVED	ISOLATED
OVERWHELMED	JOTTIFUL	SHOOTING	LONELY
STRESSED	BELIEVED	THRILLED	
VULNERABLE			

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

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

Week 1: Check Out



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?

You're More Beautiful Than You Think





Thank you!
