

JUNE 18, 2018

THINK YOURSELF THIN!

According to Dianne Hales, co-author of “Think Thin, Be Thin: 101 Psychological Ways to Lose Weight,” the key to permanent weight loss could be what you feed your brain, not your belly! With 2 in 3 adults overweight or obese, experts are now looking beyond carbs and calories to cognitive-behavioral techniques in order to help many Americans overcome unhealthy habits.

Diets focus on a symptom, rather than the underlying causes of inappropriate eating, states Doris Wild Helmering, a psychotherapist who has counseled hundreds of frustrated dieters over three decades. She feels that the key to permanent weight loss is changing the attitudes, feelings and habits that determine what, when, why, how often and how much you eat.

Try this! Use an *affirmation*...a positive, motivating phrase repeated several times throughout the day, as a tool for changing the way you act and think. Instead of feeling “I need to eat,” substitute the affirmation “*I am in control of what I eat.*” By first saying (then actually believing) this simple statement, you can change your attitudes and feelings about food-and yourself.

Have you ever heard of a self-fulfilling prophecy? It’s when a belief, which is untrue, influences behavior in such a way that the belief ultimately becomes the truth. This strange (I think it’s strange, anyway!) phenomenon has been observed for centuries in different cultures. We can all probably think of a time when our *expectation* of an outcome didn’t actually match the real result...what a nice surprise that can be, right? As an example, it’s summer – and maybe your family has a lot of cookouts. Let’s say that typically you serve and eat all types of high fat, delicious dishes: potato salad, ice cream, etc. Each and every Monday you think, “O.K., this is it. Next weekend, I’m going to bring something to put on the grill that will be healthy. It’s time to make a change.” Saturday comes, and you think, “What’s the use? I’ll end up eating hot dogs and chips just like I always do. It’s our family tradition.” Sounds kind of helpless, doesn’t it? That’s the self-fulfilling prophecy at work. Another example would be how a friend of mine explains her weight problem as “having a short, fat gene.” Can’t help it, and there’s no use fighting it. When you see it written in black and white, you can easily recognize the false logic at work, right? What’s needed, obviously, is an adjustment in your belief system.

Another cognitive strategy used to break the habit of emotional eating is *visualization*. For example, let’s say you have a negative image of yourself as a frumpy person, unable to lose weight. The next time you’re headed to the fridge for a snack, try visualizing yourself as a thin person. What would a thin person choose as a snack? Maybe the thin person just ate an hour ago-in which case, he or she would probably not be in the vicinity of the refrigerator at this point!

## What Do You Hunger For?

Is it a chocolate bar you crave-or conversation?  
Know the difference between nourishing  
the body and feeding an emotional need.

### Physical Hunger

- Builds gradually
- Strikes below the neck (e.g. growling stomach)
- Occurs several hours after a meal
- Goes away when full
- Eating leads to a feeling of satisfaction

### Emotional Hunger

- Develops suddenly
- Strikes above the neck (e.g. a “taste” for ice cream)
- Occurs at random times
- Persists despite eating
- Eating leads to guilt or shame

## Tips To Change Your Mind-Set

1. Set small, realistic goals. Challenge yourself, but don't be ridiculous.
2. Weigh your words. Language has a powerful impact on the subconscious, so choose your words carefully.
3. Challenge negative assumptions. Staying “in the present” means that you're aware of your history, therefore you're not doomed to repeat it!
4. Keep a food diary. A little mystery is good-but not in the case of your food life!
5. Try, try again! How many people do you know are successful at the first attempt of losing weight? (Or anything else, for that matter!)

Here's a list of acceptable snacks-simple things to keep around so that you can have a snack without blowing your calories for the day!

	(calories!)
• Light & Fit Dannon Vanilla Yogurt/1 cup blueberries	121
• 1 packet maple & brown sugar oatmeal made with 1% milk	165
• bagel (mini) with 2 T fat free cream cheese/1 T preserves	162
• small baked apple/1 t cinnamon, 1 T Craisins	166
• 14 Baked! Scoops! tortilla chips / ¼ cup tomato salsa	132
• chocolate mousse made with ½ avocado & stevia	120
(let's be serious...I'd eat the whole thing...)	240

HOW DID YOU DO WITH "NO ICE CREAM" FOR THE LAST 3 WEEKS?

OUR "NO!" FOOD FOR THIS WEEK:\_\_\_\_\_

**\*\*\*RATHER THAN HAVING A "NO!" FOOD THIS WEEK, PAM SUGGESTED THAT EVERYONE COMMIT TO GETTING SOME FORM OF EXERCISE EVERY DAY! GET AFTER IT!!!\*\*\***

SEE YOU MONDAY!!!