

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

FEBRUARY 11, 2019

GAIN CONTROL OF YOUR EMOTIONAL EATING!

HOW DID YOU DO WITH “NO POP OR JUICE” FOR THE LAST WEEK? REMEMBER, IT’S NOT JUST CALORIES THAT COUNT...IT’S THE QUALITY OF YOUR CALORIES! *NOT ALL CALORIES ARE CREATED EQUAL!*****

I DON’T HAVE TO TELL YOU THIS – BUT I’LL SAY IT ANYWAY! SOMETIMES THE WORST FOOD CRAVINGS HIT WHEN YOU’RE AT YOUR WEAKEST POINT EMOTIONALLY. ACTUALLY, CHANGE “SOMETIMES” INTO “MOST TIMES” AND YOU NOW HAVE A MUCH TRUER STATEMENT! DEPRESSING, BUT TRUE.

TALK ABOUT SELF-SABOTAGE. IF ONLY EMOTIONAL EATING LED TO “TOO MANY CARROT STICKS!” OF COURSE, WE ALL KNOW THAT’S NOT RIGHT! LIKE I SAID BEFORE, NOT ALL CALORIES ARE CREATED EQUAL. WHEN WE’RE EATING FROM OUR EMOTIONS, IT’S NEVER ABOUT THE FRUITS AND VEGETABLES WE’VE BEEN TALKING ABOUT FOR THE LAST MONTH THAT COME TO MIND. WE PROBABLY ALL HAVE SOMETHING DIFFERENT THAT WE TURN TO; OUR “GO-TO” SAD FOOD. (THIS IS THE EXACT REASON I DON’T EVER BUY COOKIES!) I’M SURE WE’RE ALL FAMILIAR, BUT IT GOES SOMETHING LIKE THIS: NEGATIVE FEELINGS LEAD TO BAD DECISIONS. BAD DECISIONS (IN THE CASE OF EMOTIONAL EATING) LEAD TO JUNK, JUNK, - AND SOMETIMES, MORE JUNK!

THERE ARE MANY REASONS WE EAT – BUT AMONG THEM, I’M SURE ONLY A FRACTION ARE ACTUALLY APPROPRIATE REASONS. YOU OF COURSE SHOULD EAT BECAUSE YOU’RE ACTUALLY HUNGRY. YOU SHOULD EAT TO FUEL YOUR WORKOUT. WHEN YOU’RE A GROWING CHILD OR A PREGNANT MOMMY, YOU SHOULD EAT TO SUPPORT GROWTH AND DEVELOPMENT. IF YOU HAVE AN INJURY, YOU NEED TO EAT TO PROMOTE HEALING. FOOD IS FUEL – I USED TO TELL MY GIRLS TO “PUT SOME GAS IN THE TANK!”

YOU SHOULD NOT EAT BECAUSE:

- **YOU'RE HAVING RELATIONSHIP CONFLICTS**
- **WORK IS STRESSFUL**
- **YOU ARE FATIGUED**
- **YOU'RE EXPERIENCING FINANCIAL PRESSURES**
- **YOU HAVE HEALTH PROBLEMS**

SOME PEOPLE ACTUALLY EAT LESS IN THE FACE OF STRONG EMOTIONS. (AS IN, "I WAS SO UPSET I COULDN'T EAT A THING!) HUH?!? NONE OF "THOSE" PEOPLE ARE PRESENT IN THIS ROOM TONIGHT!

OUR EMOTIONS CAN BECOME SO CONNECTED TO OUR EATING HABITS THAT WE DON'T EVEN CONSCIOUSLY THINK BEFORE WE REACH FOR THE BAG OF CHIPS OR A PIECE OF CHOCOLATE WHEN WE'RE ANGRY OR STRESSED. IT'S A TEMPORARY SOLUTION, AND IT DOESN'T REALLY HELP - SO YOU'VE GOT TO WONDER WHY WE KEEP DOING IT. (I JUST SAID I DON'T BUY COOKIES...IT'S *ENVIRONMENTAL MANAGEMENT!* LIKE RUTHIE SAYS, "YOU CAN'T EAT WHAT'S NOT THERE!)

WE MAY ALSO USE FOOD AS A DISTRACTION. RATHER THAN DEALING WITH A PAINFUL OR ANNOYING SITUATION, WE MIGHT DELAY THE INEVITABLE BY COMFORTING OURSELVES WITH FOOD. WHEN I PUT IT THAT WAY, IT SEEMS LIKE A TOTALLY UNPRODUCTIVE - AND EVEN DUMB WAY TO RUN OUR LIVES!

SO IT GOES...IT'S AN UNHEALTHY CYCLE. LIKE I SAID BEFORE, NEGATIVE FEELINGS = BAD DECISIONS. BAD DECISIONS LEAD TO MORE NEGATIVE FEELINGS - WE FEEL BAD FOR OVEREATING (NO ONE EVER FEELS GREAT ABOUT POLISHING OFF A BAG OF CHEETOS!) - AND IT LEADS TO MORE OVEREATING. IF THIS DESCRIBES YOUR BEHAVIOR, THERE ARE SOME STEPS YOU CAN TAKE TO MAKE SOME POSITIVE CHANGES. NOT GONNA LIE, IT WILL TAKE SOME WORK!

WHAT CAN I DO???

- **YOU KNOW THOSE TWO PAGES YOU RECEIVED WHEN YOU FIRST STARTED THE CLASS? THE MUCH DESPISED “FOOD RECORDS?” TRY KEEPING A FOOD DIARY. YOU MIGHT BE ABLE TO PINPOINT YOUR MOST VULNERABLE TIMES OF THE DAY – YOUR “PROBLEM AREAS!”**
- **“I EAT BECAUSE I’M BORED!” SPEAKING FOR MYSELF, I’M NOT BORED. I HAVE ALL KINDS OF THINGS TO DO! I’M DISTRACTING MYSELF BECAUSE SOME OF THOSE THINGS (MOST, IF I’M BEING HONEST!) AREN’T VERY FUN. SERIOUSLY. HOW RIDICULOUS.**
- **SPEAKING OF DISTRACTION...IT’S NOT ALWAYS A BAD THING! WE TEND TO ASSOCIATE THE WORD WITH MINDLESS BEHAVIOR OR WITH A LACK OF FOCUS. HOWEVER, YOU CAN TEACH YOURSELF TO USE “DISTRACTION” TO YOUR ADVANTAGE! LET’S TRY SOMETHING:**
- **WRITE DOWN FIVE QUICK LISTS OF FIVE ITEMS EACH:**
 - **FIVE PEOPLE YOU CAN CALL WHEN YOU FEEL DOWN, UPSET, OR ANGRY**
 - **FIVE WAYS TO RELAX (E.G. HOT SHOWER, LISTEN TO MUSIC)**
 - **FIVE PLACES TO GO TO CALM DOWN (FRONT PORCH?)**
 - **FIVE THINGS YOU CAN SAY TO YOURSELF UNDER STRESS**
 - **FIVE ACTIVITIES TO DISTRACT YOURSELF (T.V. SHOW?)**
- **THE NEXT TIME YOU’RE THINKING OF SELF SOOTHING WITH FOOD, CHOOSE ONE OF THE 25 THINGS YOU’VE WRITTEN. COMMIT TO DOING WHATEVER YOU’VE CHOSEN FOR FIVE WHOLE MINUTES. GIVE IT YOUR ENTIRE ATTENTION!**

PHONE A FRIEND! FIVE FOLKS I CAN CALL FOR SUPPORT:

1. _____
2. _____
3. _____
4. _____
5. _____

HELP ME RELAX!

1. _____
2. _____
3. _____
4. _____
5. _____

MY HAPPY PLACE!

1. _____
2. _____
3. _____
4. _____
5. _____

OHMMMMMM!!!

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT CAN I DO *INSTEAD* OF EAT?!?

1. _____
2. _____
3. _____
4. _____
5. _____

OKAY...SO WE'VE GOT TWO WEEKS TO GIVE THIS A TRY!

(JUST FYI...THE "5" LISTS WERE AN IDEA FROM AN OLD READER'S DIGEST STORY I LOOKED UP ONLINE!)

OUR "NO!" FOOD FOR THE NEXT TWO WEEKS: **CANDY!!!**

SEE YOU MONDAY, FEBRUARY 25TH!!!

