

# ***Eating Smarter:***

How to Manage Your  
Weight with Your Mind



PeaceHealth

Get ready for some fun...

***We're glad  
you're here!***

***Welcome***





Your moderator...

**Randy Querin**

*Sr. Communication Specialist  
PeaceHealth*

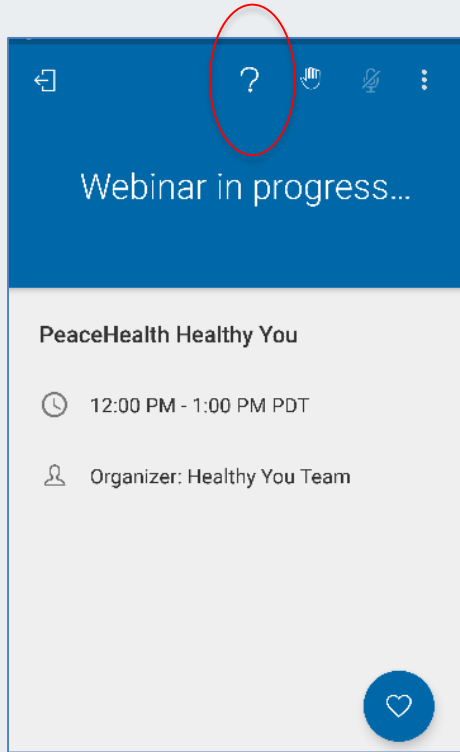
# Getting to know you

- *Polls*
- *Sound quality = everyone muted*
- *Difficulties? Click help*

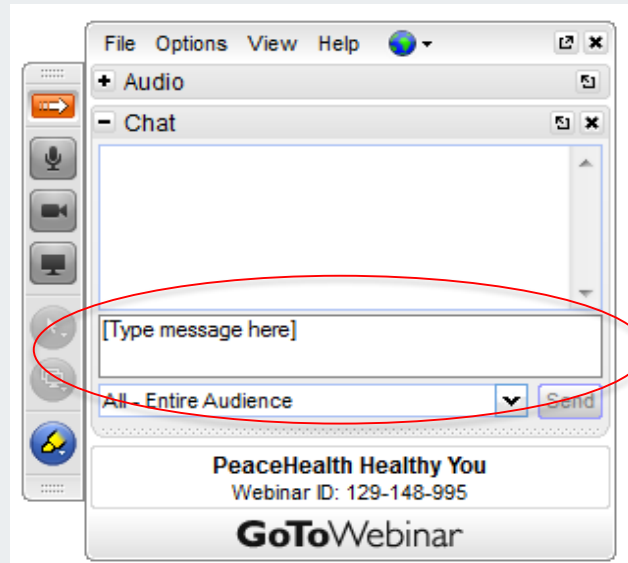




# Submit questions at any time



**On your smart phone:**  
Tap “?”, then type your message



**On your desktop:**  
Type where it says  
{Type message here}



## Chance to win a free FitBit®...

To enter the drawing, complete the survey after today's session.

Winner will be notified by email.





Your speaker...

## Lindsey King, PsyD

- Licensed clinical psychologist with focus on bariatrics (*weight loss surgery*).
- Works with clients at PeaceHealth program in Springfield, Oregon.
- Dissertation on pediatric obesity management.
- Experience in bariatric psychology, weight-loss and exercise therapy.
- Wyoming native who enjoys hiking, traveling and her American Eskimo dog.



# Overview

- What is healthy weight loss?
- Start where you are
- 7 “secrets” to success
- Q&A



*Stress Less*





# Poll: How much weight do you want to lose?

- *None, I just want to maintain*
- *5-15 pounds*
- *15-30 pounds*
- *30-50 pounds*
- *More than 50 pounds*





# What is healthy weight loss?

- No “fast and easy” approach
  - Fast & easy won't last!
- Stop the “diet” mentality
  - Focus on nutrition of foods you enjoy!
- Increase physical activity
  - Do something you enjoy doing!
  - Be creative



# Start Where You Are

- Insights about you:
  - Medical issues
  - Injuries
  - Stress
  - Social life
- History of weight loss efforts:
  - What have you tried?
  - What worked?
  - Would you keep doing it?
  - What did not work?



# Learned Behaviors & Healthy Weight Loss

- Other insights about you:
  - Learned behaviors from childhood affect:
    - What we eat
    - When we eat
    - Emotions tied to food
    - Physical activity
    - Healthy lifestyle begins at home
- If you are a parent, you are teaching your family:
  - Nutrition
  - Physical Activity





Poll: What weight loss strategy worked best for you in the past?

- *Prepackaged foods/meals*
- *Paid program with regular weigh-ins*
- *Accountability with friends*
- *Counting calories*
- *Other (type in chat)*





# 7 “Secrets” to success

1. Monitor your behaviors.
2. Eat regular meals.
3. Track your activity levels.
4. Practice mindful eating.
5. Understand what you associate with food.
6. Identify your emotions.
7. Modify your unhealthy thoughts.



# 1. Monitor your behaviors

- Research clearly shows that people who write down what they eat in a daily log are more successful at losing weight!
- Record all sorts of things:
  - Thoughts (*What is wrong with me? Why can't I keep the weight off? Why do I always fail? If I know what to do, why don't I do it?*)
  - Feelings (*guilt, shame, depression, fear*)
  - Where you ate; when you ate; and what you were doing

All of this helps you better understand your eating and identify areas where change is needed.







## 2. Eat regular meals

- Sometimes people will skip meals thinking it will “save calories.”
- This may lead to:
  - “Binges” later in the day
  - Negative health effects
  - Cravings!



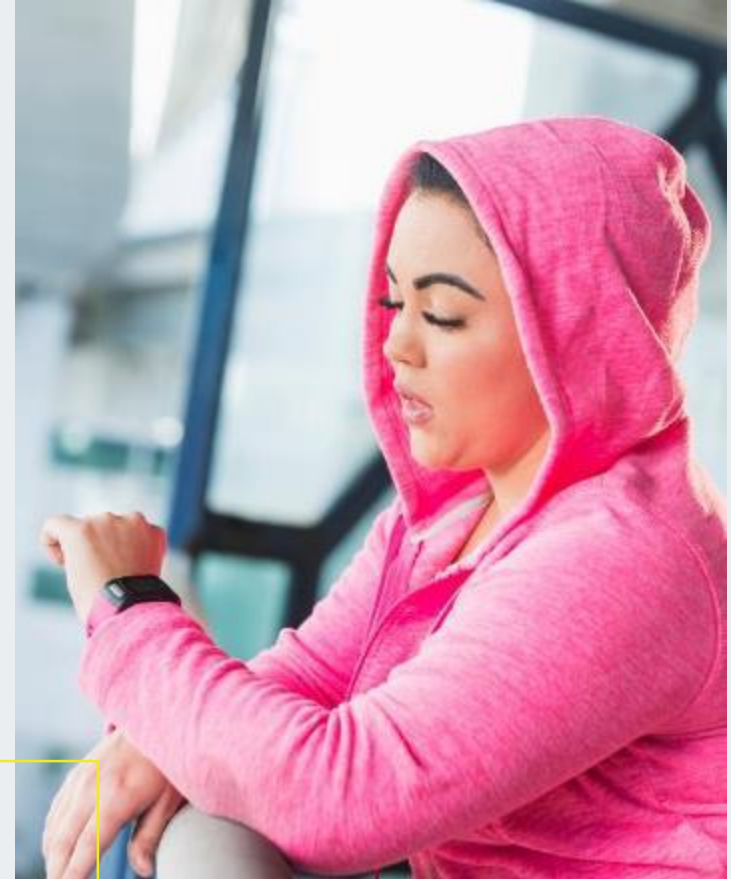
### Success tips from others

- Try new healthy recipes once a week
- Research healthy food blogs
- Google “healthy Mexican food”

# 3. Track your activity levels

This is part of self-monitoring

- Track different activities:
  - Exercise
  - Periods of inactivity
- Use a pedometer or Fitbit, daily logs or different apps (*i.e., MyFitnessPal*)



## Success tips from others

- Work out with friends
- Take classes or go on vacations that focus on activities

## 4. Practice mindful eating

- Research shows that often we don't pay attention to whether we're really hungry when we eat
- Mindfulness can heighten your awareness of hunger levels and make eating more enjoyable
  - Eat with your non-dominant hand.
  - Take small bites and chew each bite 20-30 times.
  - Use chopsticks if you don't normally.
  - While eating, think of the color, texture, smell, flavor of the food and savor each bite.
  - Before eating, drink a full glass of water, then wait to see if you're actually hungry.





# 5. Understand what you associate with food

- When and what you eat are habits and routines and they are learned behaviors.
- You may associate emotions, experiences or activities with food.
  - For example, if you typically watch TV while you eat- your brain associates food with TV.
  - You might not be hungry, but if you're watching TV...you might *feel* the urge to eat!
  - Change this by making the choice not to eat while watching TV.



## Success tips from others

- No restrictions means no guilt
- You always have a choice! There is not, “I can't have...”

## 6. Identify your emotions

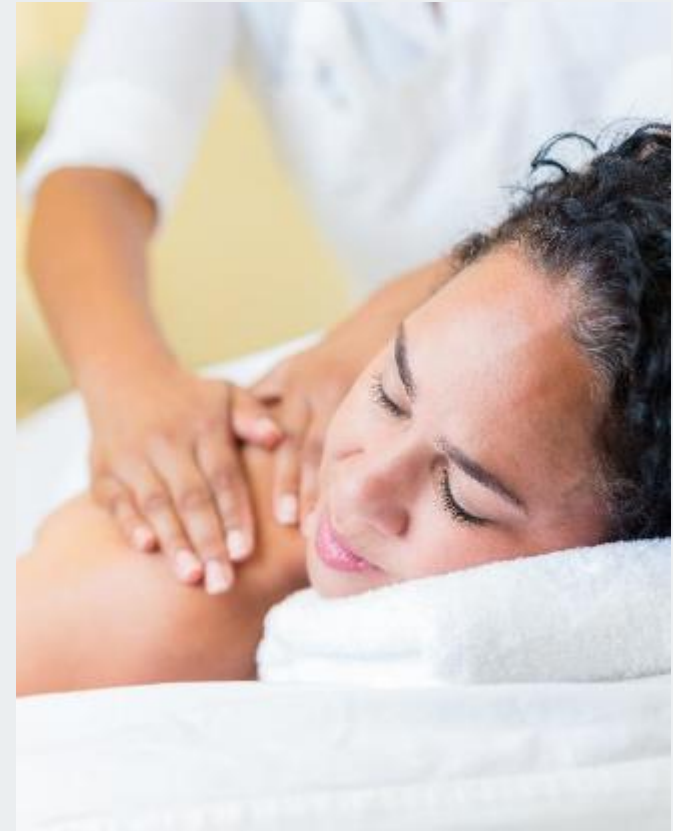
- It's important to figure out what is happening emotionally when you're snacking, overeating or choosing unhealthy foods.
- So identify the feeling(s):
  - Boredom
  - Stress
  - Sadness
- If you're not hungry, find another way to meet that need, such as:
  - Call a friend
  - Go to a movie
  - Take an evening drive
  - Take a yoga class or do other exercise like hiking, biking, walking or...





# 7. Modify Unhealthy Thoughts and Behaviors

- Reinforce healthy behaviors.
- Avoid seeing behavior change punishment.
  - “All or nothing” attitudes  
(*“I’m weak” or “I’m a failure!”*)
  - “On and off” a diet  
(*“I’m lazy” or “I’m not motivated enough” or “I can never have cake again!”*)
  - The Motivation Myth
  - The Willpower Myth
- Reward healthy habits with treats not related to food!
  - Self-care
    - This is the fun part!
    - Do something you love – hair, nails, massage, go out with friends, see a movie, shoot some pool, hike, fish or...



## Poll: What tip will you start using today?

- *Track activity levels*
- *Modify unhealthy thoughts*
- *Mindful eating*
- *Identify emotions*
- *Other (type in chat)*





# Q&A



Questions after the webinar?  
[marketing@peacehealth.org](mailto:marketing@peacehealth.org)





# Resources

- You'll find the following at [peacehealth.org/eating-smarter](http://peacehealth.org/eating-smarter):
  - Recording of today's session
  - Presentation slides
  - Worksheets:
    - Daily schedule planner
    - Exercise planning sheet
    - Monthly Exercise Log
    - Exercise for mood log





Webinar  
Resources



# Sign up

- Monthly e-newsletter
  - Alerts to future webinars
  - Brief health news
  - Special offers
  - Upcoming local events
  
- Sign up at [Peacehealth.org/email](https://Peacehealth.org/email) or in the post-webinar survey



**Healthy You** |  PeaceHealth

**Free Webinar Series:  
Strategies to Manage Stress**

If you could do one thing for your health, what would it be?

Lose weight? Lower your blood pressure? How about managing stress? Stress—especially the acute or chronic kind—affects all of the “systems” in your body—from stomach and heart to muscles and nerves. So learning to manage stress is a powerful action you can take to improve your entire health—today and for years to come.


Join **Susie Griffin**, a licensed massage therapist and wellness coach, for a free webinar series. **No Worries: Strategies for Stressing Less.** The first of three sessions is **Thursday, March 23, noon-1 p.m.** on different kinds of stress and our reactions to it.

Each session will delve into a different aspect of this timely topic—from the toll stress takes on your body to how to identify the sources of stress and what to do about it.

Sign up for one, two or all three sessions. If you can't attend a live event, never fear... recordings will be available to watch whenever you want.

[Sign up for March 23 webinar!](#)

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 **Be good to your back**



# Thank you!

*Let us know what you think.*



*To enter the drawing for a free FitBit® please complete the survey.*



PeaceHealth is here to help

*[peacehealth.org/healthy-you](https://peacehealth.org/healthy-you)*

Healthy  You