

A woman with grey hair and glasses, wearing a red t-shirt and dark pants, and a man in a green t-shirt and khaki shorts are balancing on a large, mossy log in a forest. They are both smiling and have their arms outstretched for balance. The forest is filled with tall, thin trees and green foliage, with sunlight filtering through the canopy.

BINGE VS BALANCE:

How to Stay Mentally and Physically Healthy



PeaceHealth



Welcome



YOUR MODERATOR

Summer Meyer, BA, LMT

Certified Health Coach

Please join in!

- *Vote in the polls*
- *Ask questions*
- *Complete the survey*

Your speaker

Lindsey King, PsyD

Licensed Clinical Psychologist

Focus on bariatrics (weight loss surgery)

- PeaceHealth 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

1. What do we mean by “binge” and “balance”?
2. The “Why” is important
3. What’s the connection between our mental and physical health?
4. Tips for Mental Health Balance
5. Tips for Physical Health Balance
6. Last Thoughts
7. Q&A

Binge & Balance

- Binge –
 - an unrestrained and often excessive indulgence;
 - or an act of excessive or compulsive consumption;
 - a feeling of loss of control of the behavior





Binge & Balance

- Balance – to bring into harmony or proportion
 - Moderation
 - Work-life balance
 - Wise Mind

Why are you feeling unbalanced?

- Before we really get started:
- The “why” is important.
 - Why are you bingeing?
 - Why do you feel unbalanced?
- We over-use (binge) activities in an effort to fill a need.
 - Example – patients I work with who are struggling with binge-eating will say that they use food when they are: lonely, bored, stressed, depressed, for reward, in social situations, for nostalgia (missing friends or family and eating foods they would have eaten together).
 - What they really want is something completely different than what they are actually doing or using...binging

Poll

Why do think you are binging?

- A. Loneliness or sadness
- B. Boredom
- C. Stress
- D. Other (type in the chat)



Connection: Mental and Physical health

- The mind-body connection
 - Stress and the Cortisol Hormone
 - Chronic Pain
 - Risk of Heart Attacks/-strokes
 - Diabetes
 - Heart disease and depression
 - Weight struggles and anxiety or depression
 - Sleep disturbances



Our Mental and Physical Health

- Mental Health
 - Affected by many different variables
 - Traumatic events: car accident, sudden loss of loved one, natural disasters
 - Chronic stressors: work, pandemic, problematic relationships
 - Positive events: graduating college, getting a job you wanted, going on vacation, loving/caring/supportive relationships
- Physical Health
 - As above, affected by many variables
 - Nutrition
 - Physical activity
 - Illness, injury, medical diagnoses, etc.



Mental Health Balance

- There are many different ways to achieve mental health balance
 - Monthly goals and process motivation
 - Self-care/Coping skills
 - Social Support

Monthly Goals and Process Motivation

- **We are what we do** on a consistent basis
 - People around us (family, friends, co-workers, etc.)
 - Technology (“media diet,” forums, blogs, etc.)
 - Any other activity: physical activity, reading, etc.
- Our **daily habits** lead to, or away from, those wonderful long-term goals/changes we really want!
- **Set monthly goals & review goals daily** (write them down and check them off). Re-assess and set new or continued goals every month.
 - This will help you with balance vs binging/over consumption
- Process Motivation Theory
 - Are you **enjoying** the process?

Self-care and coping skills

- Contributes to good physical and mental health
- Any activity you enjoy
 - Hobbies you already have
 - Reading
 - Art
 - Physical activities
 - Meditation & Mindfulness
 - Start a new hobby, you always wanted to do
 - Take a class in a subject of interest
 - Travel somewhere or a stay-cation
 - Time away from the things that cause you stress or sadness
 - Remember – this is about **balance** – plan the time you are going to spend on an activity!



Social Support

- Research has shown a correlation between social support and better **mental health/well-being**
- Social Support by co-workers linked to better **physical health**
- Different Forms of Support
 - Friends
 - Family
 - Co-Workers
 - Online Forums/Blogs
 - Classmates
 - Mental health providers: therapists, psychologists, social workers, etc.



Physical Health Balance

- There are also **many different ways** to achieve physical health balance
 - Physical Activity
 - Nutrition
 - Don't go on a diet!

Physical Activity

- Physical activity is shown to assist with physical as well as mental well-being.
- Many studies and articles report the benefits of consistent exercise for your physical health and weight maintenance
- Any exercise will do – you do not have to be an extreme athlete!
- Let's think about **balance** – the CDC reports that adults need 150 minutes a week which; is 30 minutes a day for 5 days out of the week
- For weight loss it's a little different – some studies report that adults need 300 minutes a week to lose weight; which is 60 minutes a day for 5 days or roughly 40 minutes every day. Whichever feels more doable.



Poll

What daily habit would you like to change?

- A. Decrease eating
- B. Increase physical activity
- C. Spend more time with friends/family
- D. Decrease screen time (TV, Computer, Phone)
- E. Other (type in the chat)



Nutrition

- Does “eating a balanced meal” sound familiar?
- Your nutrition needs are based on your age, gender, and physical activity level
- And don’t forget if you have any medical diagnoses or medications that you need to consider when creating a menu plan.
- This is not news BUT
 - Protein
 - Vegetables
 - Fruits
 - And yes, refined carbohydrates or starches are ok You guessed it, in moderation (a fancy word for balance)





Don't Go On a Diet!

- Most “fad diets” I researched, read about, or heard about from patients are not based in moderation or balance.
- Researchers at UCLA found that while people lose 5 to 10% of weight initially on a diet, the majority of people regained their weight, plus more.
- Yo-yo dieting has been shown to have **negative health effects**, including increased risk of heart disease, and long-lasting negative impacts on metabolism.
- Fact or Myth: “To be healthier or lose weight, I have to give up all my favorite foods.”
 - Myth ... and not realistic
 - Fact – Small amounts (sounds a lot like balance) of your favorite foods may be a part of your nutrition.
 - Just keep track of them (maybe by writing them down monthly)

Poll

If you want to change your nutrition, what would you like to change?

- A. Increase protein
- B. Increase water intake
- C. Increase fruits and/or vegetables
- D. Other (type in the chat)



Last Thoughts

-
- There are many things you can do both mentally and physically to achieve balance in your life.
 - Today's webinar focused on a few of those things that I found to be important in my work with clients/patients.
 - **Remember your "why"** if you are trying to change a binge behavior.
 - Research how to find balance for yourself, in a way that works for you
 - Books
 - Podcasts
 - Documentaries
 - Classes
 - There is no "one right way" to achieve balance
 - If you are struggling with "binging" of some kind – think about professional help (therapists, psychologists, counselors)



Resources & Handouts

- Recording
- Slides
- www.peacehealth.org/healthy-you



Q & A

Questions after the webinar?

Send to healthyyou@peacehealth.org



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