

Welcome!

**HPDP Weight & Wellness
for Employees**

Wednesdays 10am via Skype

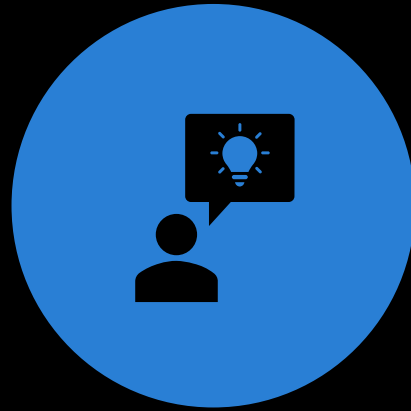
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MOVE! Dietitians

Today's Agenda



**BEING MINDFUL OF
OUR THOUGHTS,
FEELINGS, AND
BEHAVIORS**

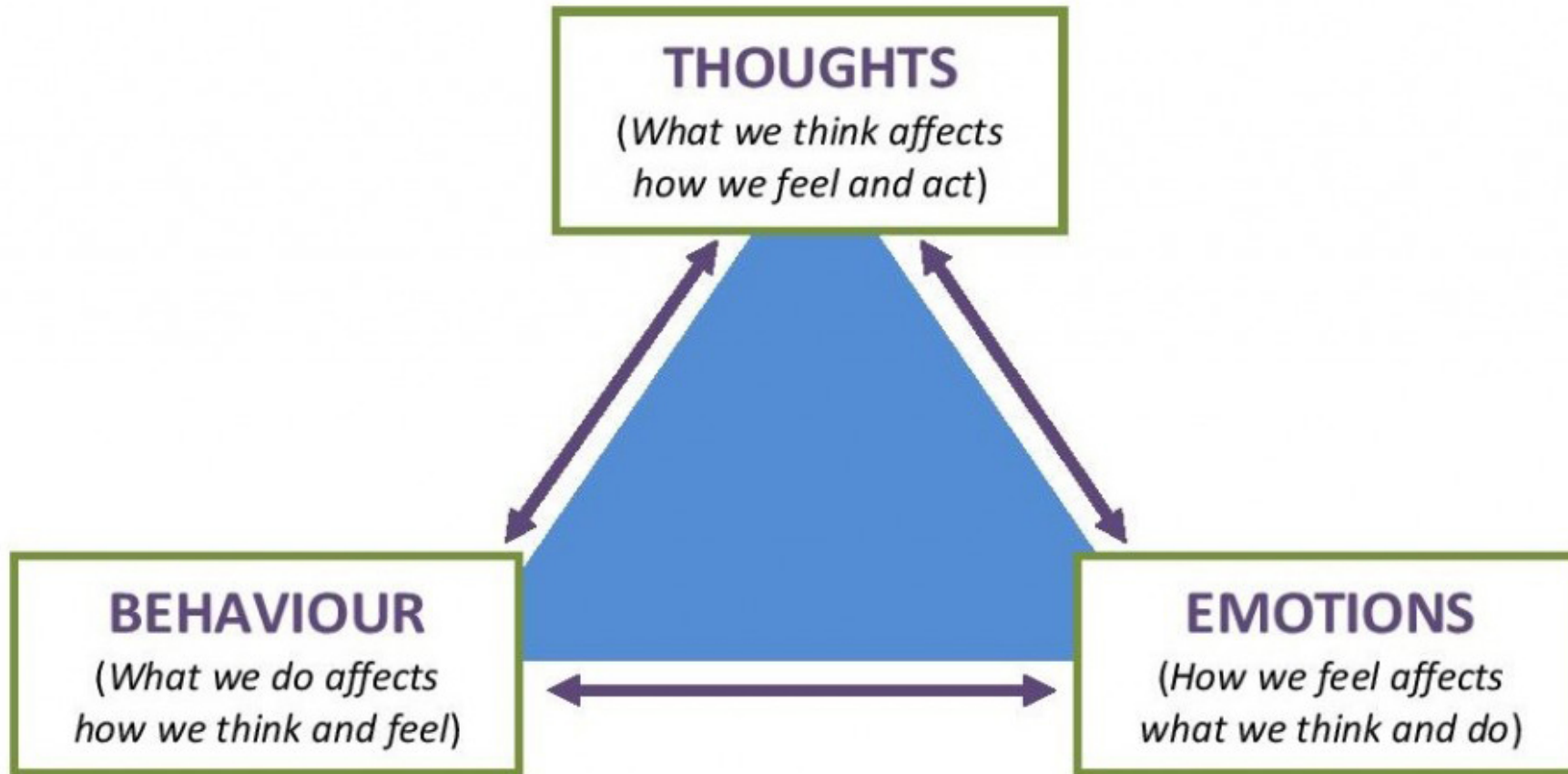


**RECOGNIZING AND
CONQUERING
UNHELPFUL
THOUGHTS**



**COPING WITH
EMOTIONAL TRIGGERS**

Thoughts, Feelings, and Behaviors



An example:

Situation: You overate at dinner.



Feelings

You feel discouraged.



Thoughts



Behaviors

You skip a meal the next day.

First, pay attention!

- ▶ When you have a desire or urge to eat (when you are not hungry), PAUSE!
- ▶ If you catch yourself *after* an unhealthy eating moment...

Situation Day, time, what was going on?	Feelings What were you feeling?	Thoughts What were you thinking?	Behaviors What did you do?
Tuesday, after dinner, paying bills	Anxious, stressed	I'll feel better after a snack break.	Stopped for a snack break even though I wasn't hungry. Didn't finish paying bills.

Conquering Unhelpful Thoughts

- We don't have much control over the *first* thought that pops into our head
- We DO have control over RE-thinking it!
 - How we interpret or think about different situations CREATES our emotional reactions
 - There are errors in how we think, sometimes
 - A thought is JUST a thought!

Errors in Thinking (and how to fix them!)

Type of Thought	Example	Rethink It
All or Nothing	I've blown the entire day.	<ul style="list-style-type: none">• I had one slip at lunch but I can get back on track at dinner.• I won't give up because of one slip.
Making Excuses	I can't meet my eating goals because my wife keeps making cookies.	<ul style="list-style-type: none">• I can enjoy a cookie as long I don't overdo it.• I will ask my wife to make something healthy instead.
Filtering Information	I haven't stuck to my diet at all this week.	<ul style="list-style-type: none">• I stuck to my diet four out of seven days.• I have a plan for how to stay on track in the future.
Self-Labeling	I'm the world's worst cook.	<ul style="list-style-type: none">• My daughter liked the stir-fry I made last night.• I'll keep learning more about cooking.
Comparing	Teo has lost so much more weight than I have.	<ul style="list-style-type: none">• I'm not going to give up.• I'll ask Teo for some tips.
Assume the Worst	I just know I'm going to get hurt. Then I won't be able to work out.	<ul style="list-style-type: none">• I'll take steps to work out safely.• If I do get hurt, I'll find a different way to be active.
Overgeneralizing	I'll never be able to lose weight.	<ul style="list-style-type: none">• With hard work, I can lose weight.• I have to be patient if the weight doesn't come off right away.
Imperatives	I must eat everything on my plate.	<ul style="list-style-type: none">• Whatever I don't eat, I can save for leftovers.

Steps to Rethinking Unhelpful Thoughts

- 1) **RECOGNIZE** your unhelpful thought
 - What were you thinking, or telling yourself?
- 2) **QUESTION** it
 - Is this a realistic thought?
 - Is there evidence that this thought is true?
- 3) **ASK** yourself
 - Is it helpful to think this way?
- 4) Consider **ALTERNATIVES**
 - What are other ways of thinking about this?
 - Are there other things that could be true?

Emotional Triggers

▶ What situations result in eating more than you planned?

When happy

When bored

When celebrating

When depressed

When alone

When frustrated

At work

Social gatherings

Talking on the phone

At a restaurant

When nervous

Watching TV

Drinking alcohol

- Once you've identified what your emotional triggers are, you can choose a new coping response!
- What might work for you?
 - Socialize with friends or family
 - Physical activity
 - Distract yourself (read, house/yardwork, project, sewing, woodworking)
 - Meditation
 - Relaxation
 - ???
- Write yours down and keep them close for reference!

What are some other options?

Thanks for joining!

- ▶ MOVE is currently offering several VVC class and telephone options! Feel free to refer your veterans!
- ▶ Have them call 314-289-6503 to sign up!
- ▶ MOVE Website: www.move.va.gov for great resources!