

Healthy Mind Healthy Weight

Taking Control of your eating
Part 2: Techniques and Strategies

Aims of Sessions



- The 3 main steps to controlling your eating pattern:
 - Starting well
 - Self monitoring
 - Regular eating
- Self help techniques for thoughts, feelings, behaviours and cues

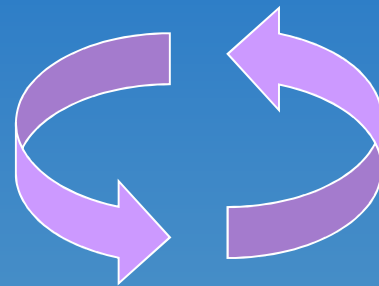
Cognitive Behavioural Approach

CUE → RESPONSE → CONSEQUENCE

- Critical thinking
- Problem solving & changing habits
- Social support

Thoughts

- Critical thinking
- Coping with Cravings
- Critical thinking



Feelings

- Coping with distress
- Emotional Eating Scale

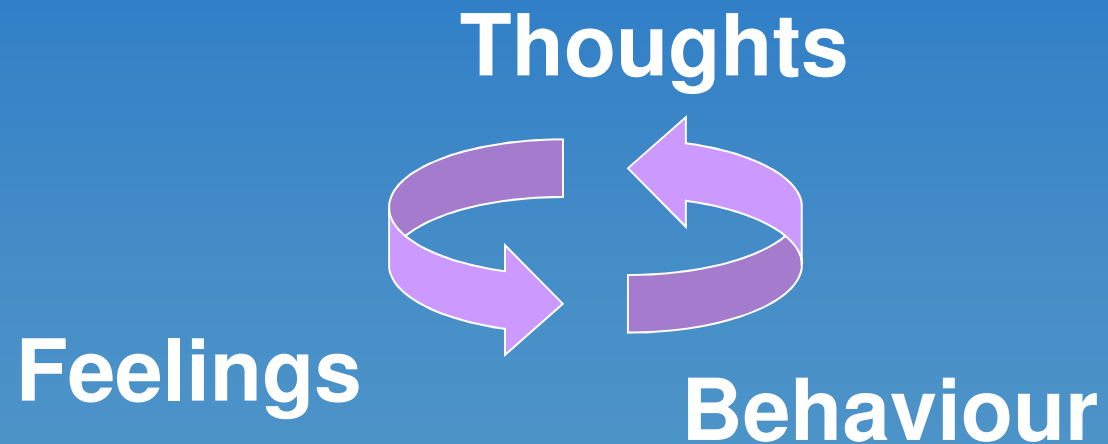
Behaviour

- Steps to Controlling your eating
- Mindful Eating
- Exercising

Changing Behaviours



- 1) Steps to Controlling your eating
- 2) Mindful Eating
- 3) Exercising



Recap: Steps A and B



➤ Step A: Starting well

-Are you motivated? What are your barriers to change?

➤ Step B: Self monitoring

- Keeping a full diary of eating and drinking as well as thoughts, feelings and behaviours.
- Important to complete it honestly and in good time.

Step C: Regular Eating



- Regular eating is the foundation on which to build other changes.
- If you binge eat, adopting a regular eating pattern will quickly reduce the number of binges you have.
- Having enough food regularly makes cravings easier to cope with.

Step C: Regular Eating



Other benefits of regular eating:

- Regular eating can give a sense of control and structure.
- Helps you to notice feelings of hunger and fullness.
- As binge eating patterns improve, many people notice an improvement in their mood also.

Step C: Regular Eating Plan



What to aim for:

- 3 planned meals and 2/3 planned snacks daily
- Stick to planned meal times
- Do not eat out with these times

Step C: Regular Eating



Tips for regular eating:

- Initially focus on when you eat NOT what you eat.
- Eat every 3-4 hours
- If you are struggling, start introducing one meal and work your way up.
- The routine is priority, you may not feel hungry, stick to plan. Feelings of hunger and fullness may be distorted if you struggle with disordered patterns.
- What do you need to do to make sure you eat regularly?
 - **Planning**
 - **Shopping**
 - **What about when out and about?**

We are aiming for 'Normal' Eating

Eating more than you need to on some occasions (overeating).

Eating something at least 3 times a day (regular eating).

Eating less than you need on other occasions (under eating).

Eating, when out socially, in a similar manner to other people in the group.

Eating sufficient food and a variety of food.

Eating healthy and unhealthy foods.

Not eating to lose weight but knowing that you can “watch your weight” if you want to.

Keeping going



Remember that changing habits is challenging

- Don't be put off by failed attempts, it's a learning experience.
- Introduce changes gradually
- Don't be too hard on yourself
- Remember your reasons to change

2) Mindful Eating



We often eat without paying attention to our food

This could be called 'Mindless Eating'

We do not listen to our bodies natural signals telling us we are hungry or full

Evidence suggests that when people have lost weight, their satiety signals may be reduced

2) Mindful Eating



Be 'Mindful' (aware) of what you are eating and why :

- Eat slowly
- Put your fork down between bites
- Take small bites
- Chew slowly and thoroughly
- Leave a piece of food on your plate
- Get into a Routine
- Focus on your food = do nothing else when eating

2) Mindful Eating



Lets have a go to see what it is really like eating faster or slower:

Does it alter:

- enjoyment of food
- satiety signals
- control over food intake

3) Exercising

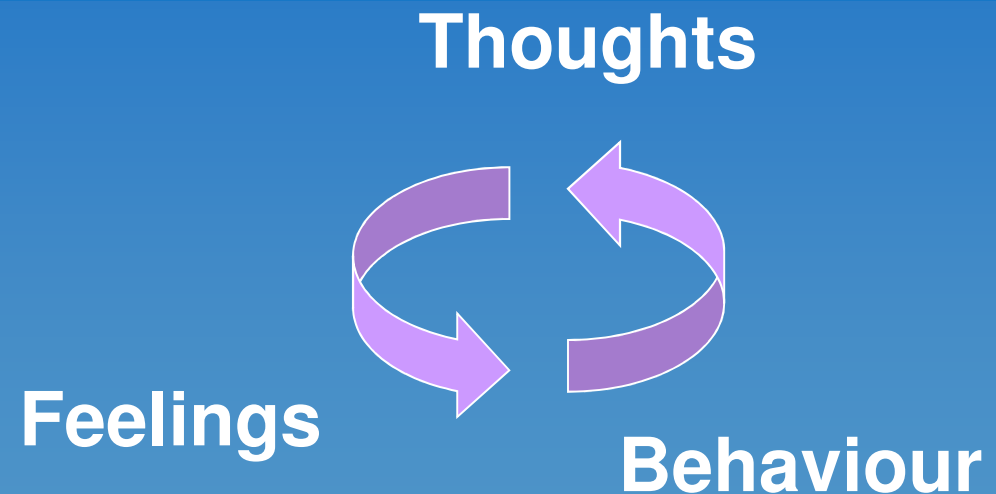


Gentle exercise has been shown to improve both our physical and emotional well being.



Challenging Thoughts

- 1) Critical thinking
- 2) Coping with Cravings



1) Self Critical Thinking

Being hard on yourself is likely to make you feel worse and probably eat more.

- What thoughts do you have about your eating patterns and weight ?
- How do these thoughts make you feel?



Remember our thoughts are just that: THOUGHTS
They are not always true

1) Combating Self Critical Thoughts

Look for the evidence

Is there any evidence to prove what I think about myself?

Am I always right?

Am I putting myself down for no reason?

Take another look

Am I being too hard on myself?

If a friend was thinking the same thing, what would I say to them?

What would someone close to me say?

Is this thought helpful or unhelpful?

Is it stopping me from what I want to do in my life?

Thought balancing - what is the emotional tone?

Aim for a tone of kindness and helpfulness

2) Hunger vs. Cravings

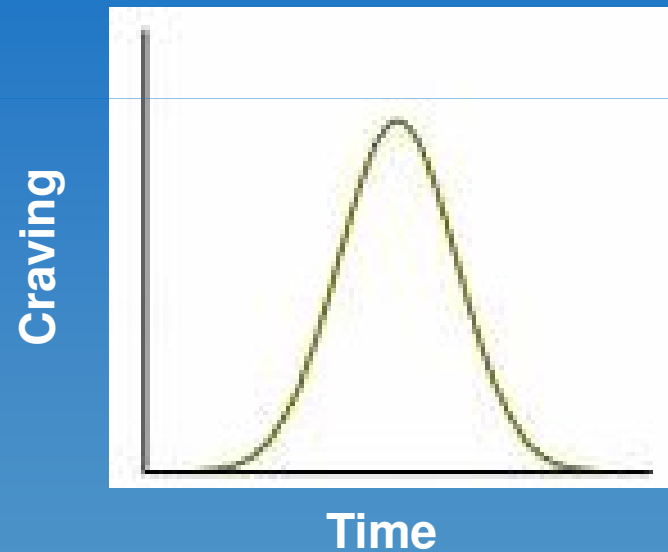


- Don't 'ban' certain foods
- Eat when you are hungry
- Learn to tell the difference between 'hunger' and 'cravings'
 - How do you know if you are physically hungry ?
 - How do you know if you have a craving ?

2) Deal with cravings

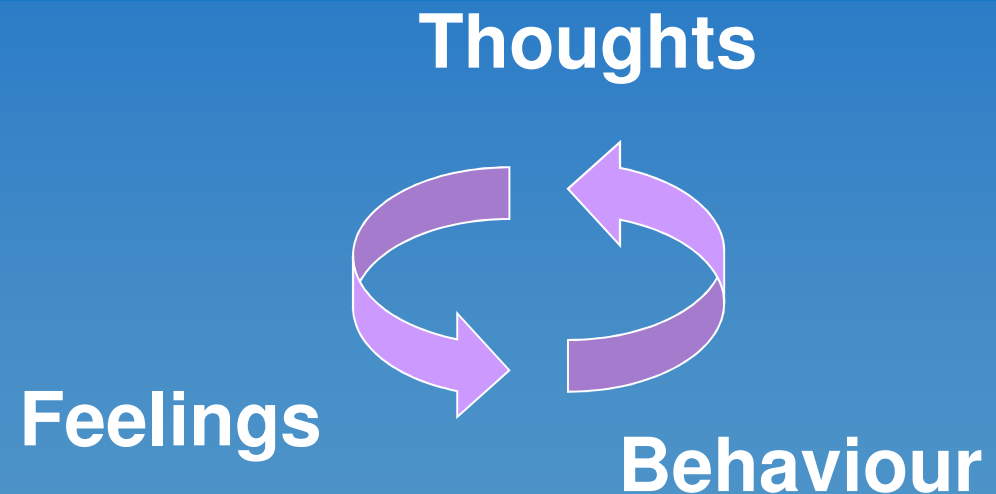


1. Distraction techniques (Delay giving in)
2. Drink water
3. Confront the cravings
4. Listen to your self-talk



Understanding Feelings

- 1) Coping with distress
- 2) Emotional eating scale



1) Coping with distress

We will all experience a whole range of emotions. Our emotions are often more complex than they may at first seem.

Learning to recognise these different feelings, that can sometime be in conflict, can be helpful.

The point is learning to be compassionate to the many different emotions we can feel for the same thing and our conflicting emotions.

To recognise them as normal, but also to recognise them as being stressful and difficult.

1) Coping with Distress Cntd.

The way to help ourselves with them is:

1. Not to be self-critical for getting stuck with them
2. Try to notice, name, investigate and accept our emotions
3. To be open and talk to trusted others about them

It can also help if we imagine what life would be like if we resolved the emotional trigger or learn to live with our emotions in a different way.

Be mindful to explore and observe your emotions – in a non critical and open minded way.

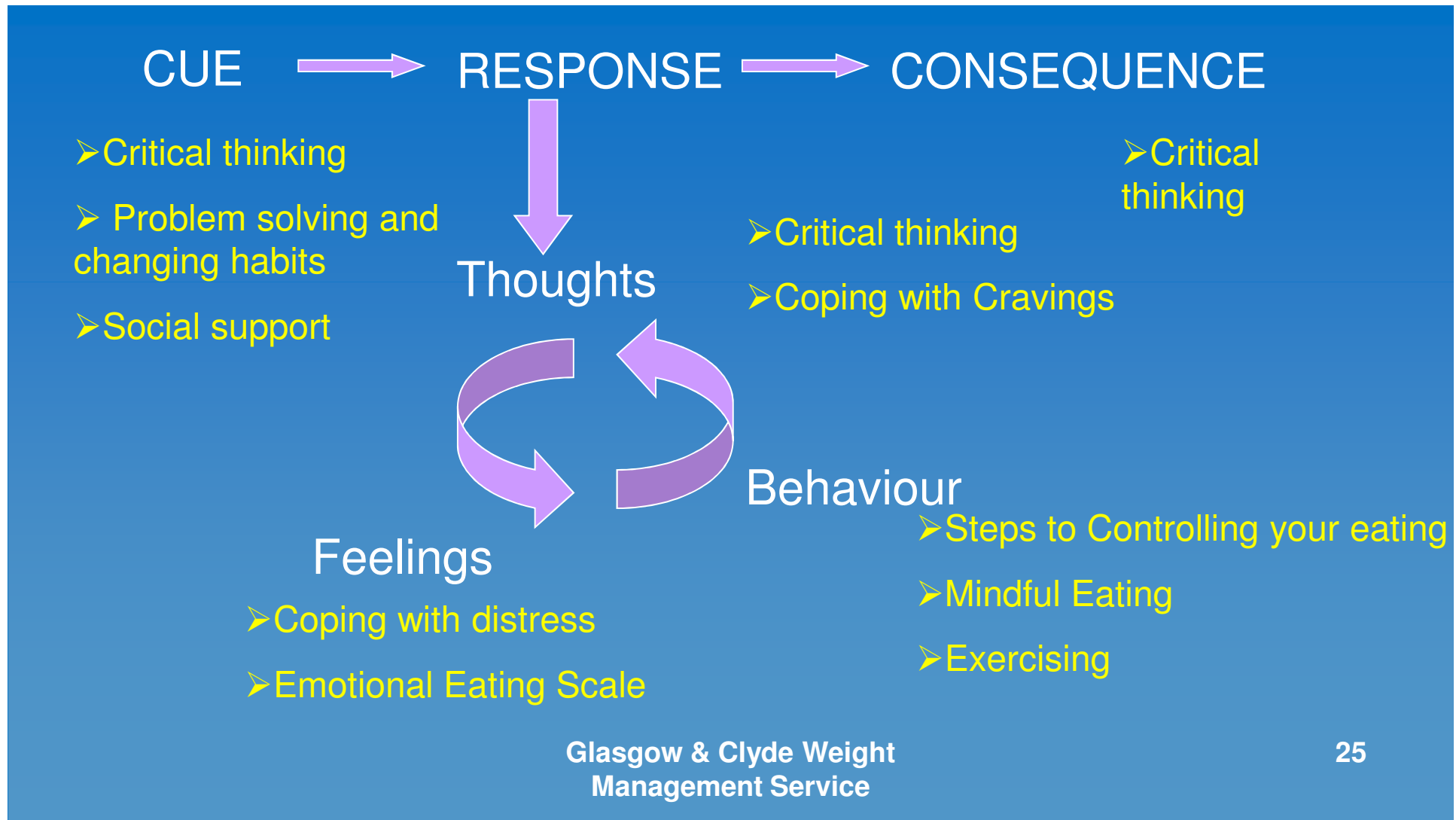
“It’s ok” to have them!!

2) Emotional eating scale



Emotion	No urge or slight urge to eat	Moderate urge to eat	Very strong urge to eat
Anxious			
Sad			
Lonely			
Tired			
Angry			
Happy			

Cognitive Behavioural Approach

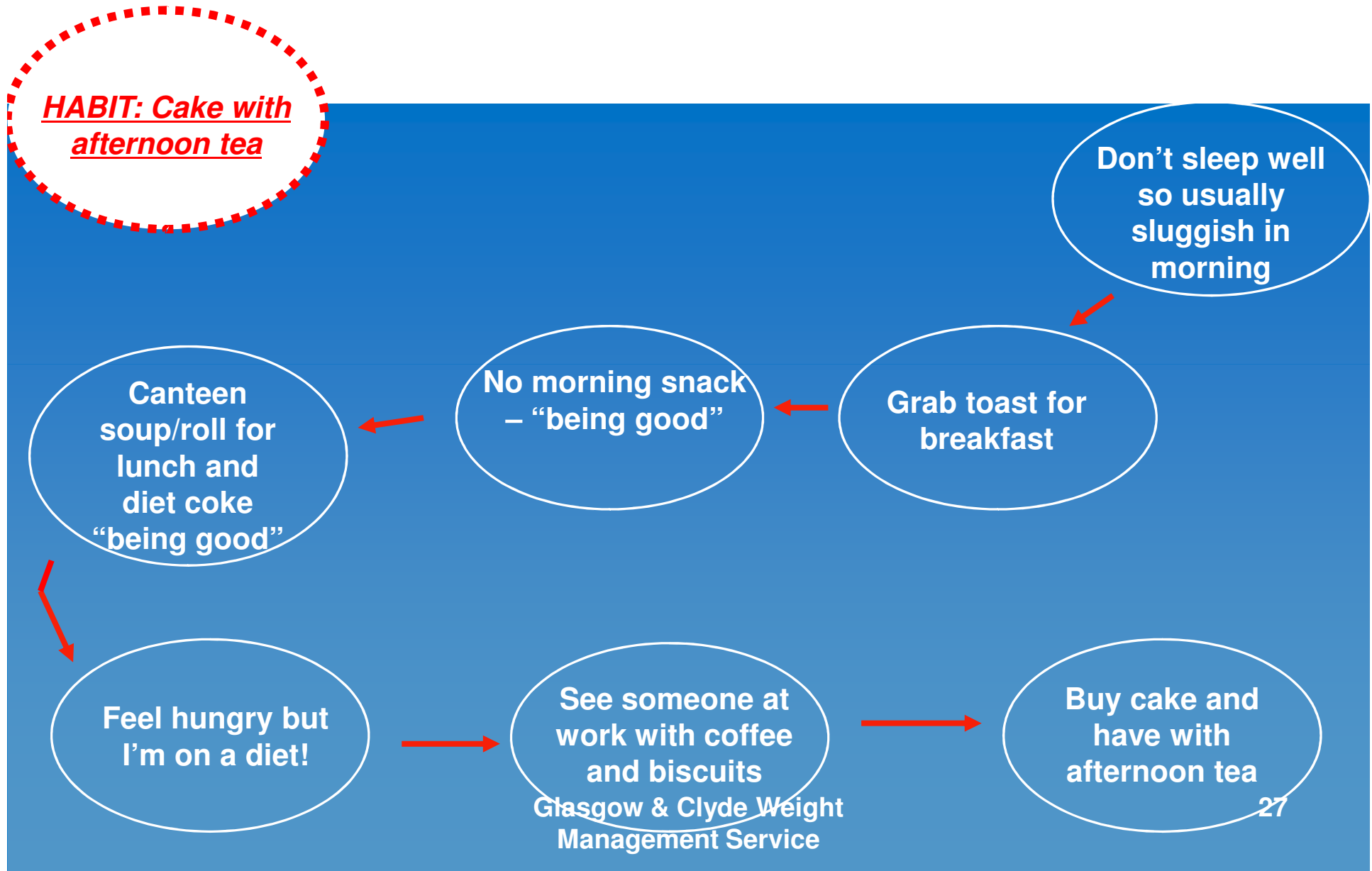


1) Problem Solving & Changing habits



1. What is the problem ?
2. Identifying ALL ideas for solving the problem
3. Weigh up the pros and cons of each idea
4. Pick an idea you will try out
5. Develop an action plan
6. Try it out
7. How did it go ?

1) Problem Solving & habit chains



2) Social Support

We have many different relationships and lots of different roles in our lives. Consider how your relationships influence how you feel, how you cope and your eating patterns.

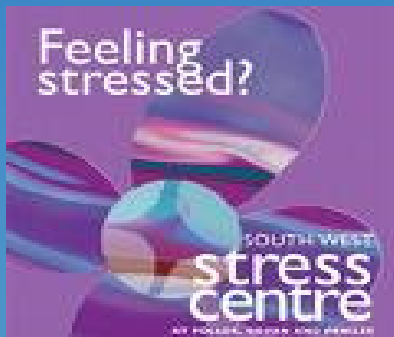
- Are some relationships more helpful than others? How can you maximise these?
- Are some relationships making the situation worse? Although we can't change other people we can alter our expectations and the way we communicate with others.

The right kind of social support can help us manage distress and upset more effectively.

Get Support



Championing Scotland's
Mental Health and Well-Being
Since 1923
If we can help you call **0141 568 7000**



Summary



- Identifying disordered eating patterns
- Causes of disordered eating patterns
- Understanding your disordered eating
- The 3 main steps to controlling your eating pattern:
 - **Starting well**
 - **Self monitoring**
 - **Regular eating**
- Self help techniques for thoughts, feelings, behaviours and cues

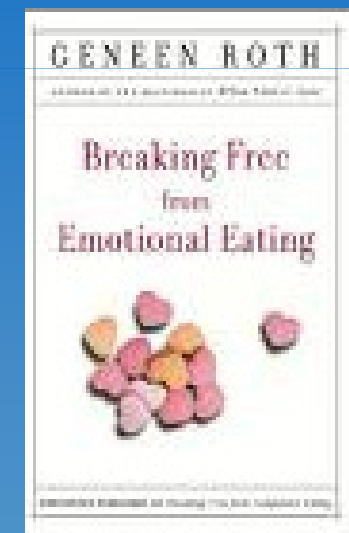
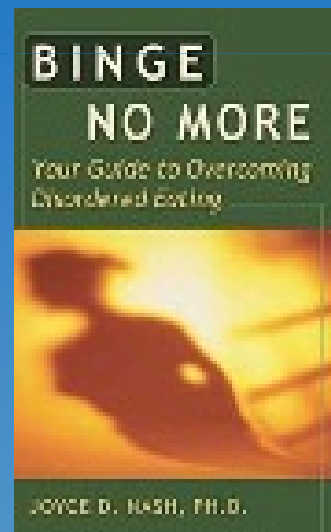
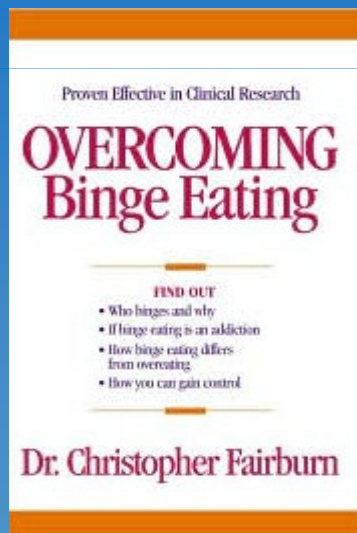
Further Reading



Overcoming binge eating by Christopher Fairburn

Binge no more by Joyce Nash

Breaking free from emotional eating by Geneen Roth



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