

# Healthy Mind Healthy Weight

Taking control of your eating  
Part 1: Understanding Disordered  
Eating

# Aims of Sessions



- 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

# What is '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.

# Signs of Disordered Eating Patterns

- Eating large amounts of food.
- Feeling out-of control.
- Eating quickly.
- Eating when not hungry.
- Eating till uncomfortably full.
- Hiding or hoarding food.
- Secret eating.
- Eating late at night.
- Eating unusual food e.g. raw or frozen food.
- Guilt, self-disgust, shame and depression.

# Signs of Disordered Eating Patterns

**Emotional Eating**

**Binge Eating**

**Grazing**

**Impulsive Eating**

# Emotional Eating

Many people eat to help themselves cope with emotions:

Negative emotions : comfort eating

Positive emotions: celebrating

We often learn to do this from a young age and continue to comfort ourselves this way as we become more independent.

Over time habits form and we automatically crave particular foods when experience these emotions.

If emotional eating is occurring frequently it can make us feel out of control and can potentially trigger binge eating.

# Eating for Pleasure

Eating can feel really good

**But why is the pleasurable aspect of eating important?**

Does it help us cope by getting rid of the negative or difficult feelings?

Does it stimulate reward/pleasure pathways in the brain?

Evidence suggests that food can do both

# Binge Eating

Binge eating is:

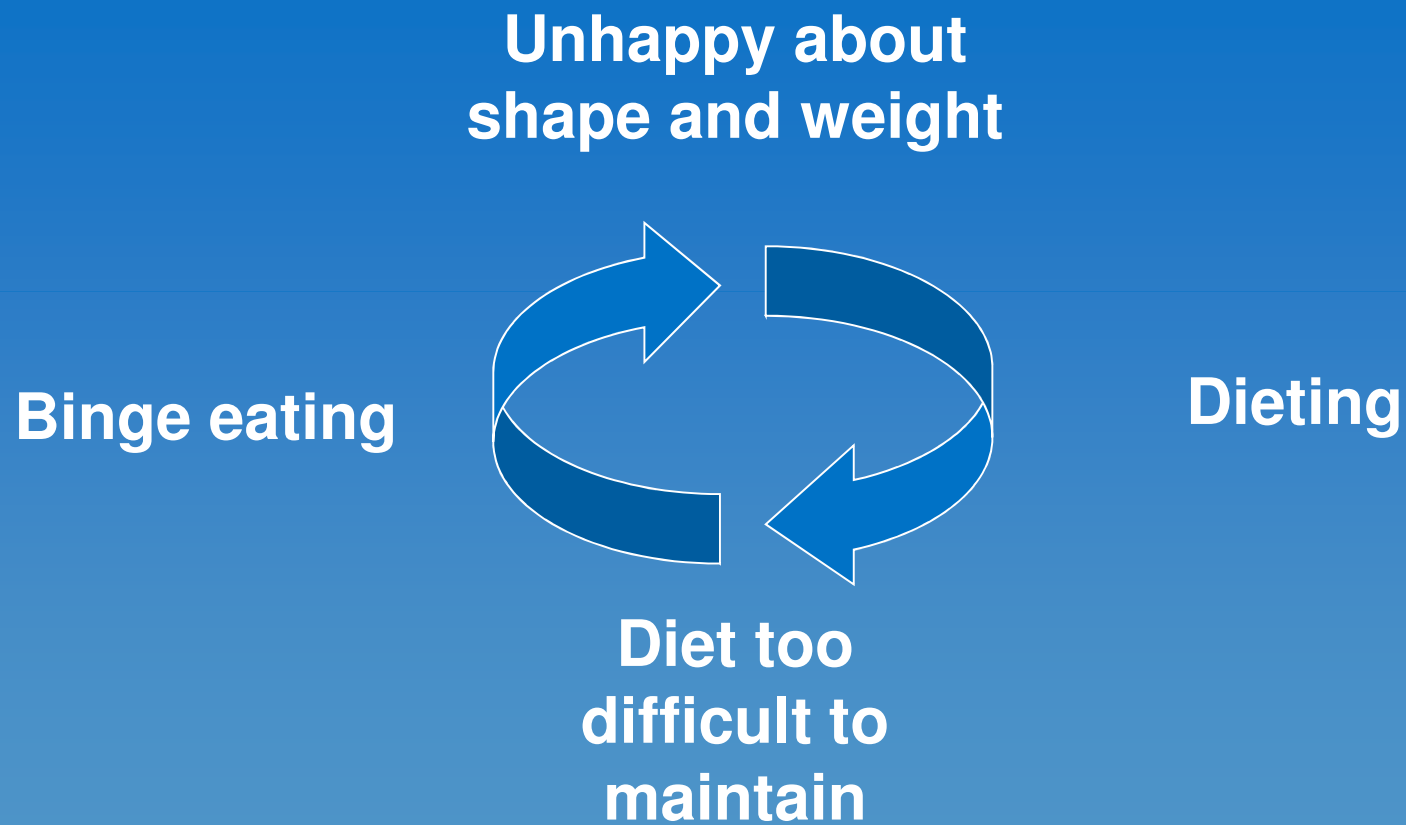
- Eating large amounts of food
- Over a short period of time
- With no feeling of control

Typically followed by feelings of shame, guilt and disgust.

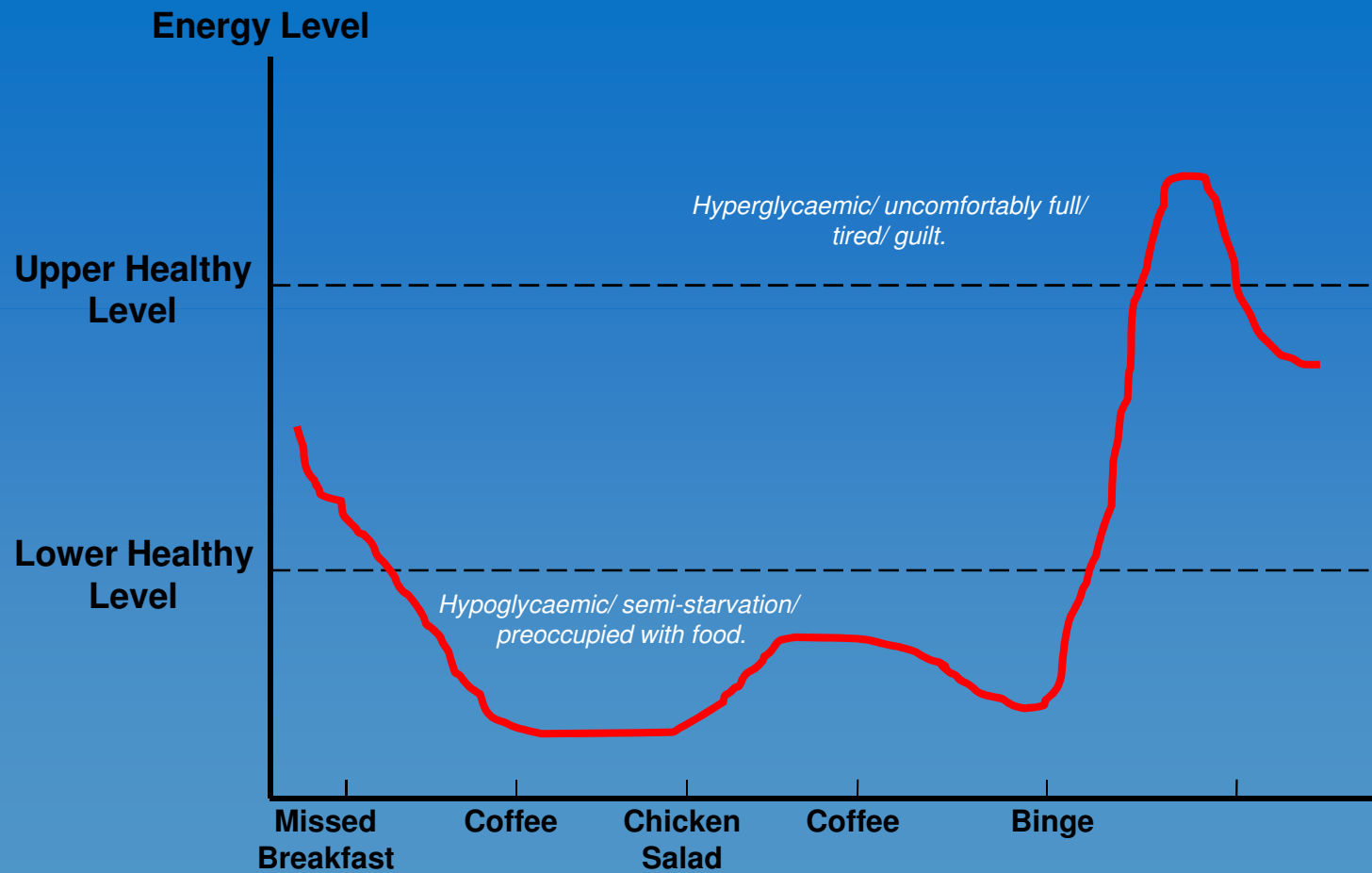
Often people who binge eat are very concerned with their weight and try to diet strictly.



# The Vicious Cycle of Binge Eating



# Physical Effects of Dieting



# Grazing

Eating throughout the day without break.

Snacks replace meals and are insufficient to sustain energy levels.

Not responding to hunger signals.

Eating feels out of control.

Not fast and compulsive like a binge.

# Impulsive Eating

Uncontrollable urge to eat on a frequent basis.

Occurs within a span of five minutes and is associated with something like a location, a time, an activity or anything that triggers the urge to overeat.

The urge to eat is given into without consideration of the consequences.

The strong impulse tends to overcome your choice because eventually, you will choose the unhealthy food over a healthy alternative.

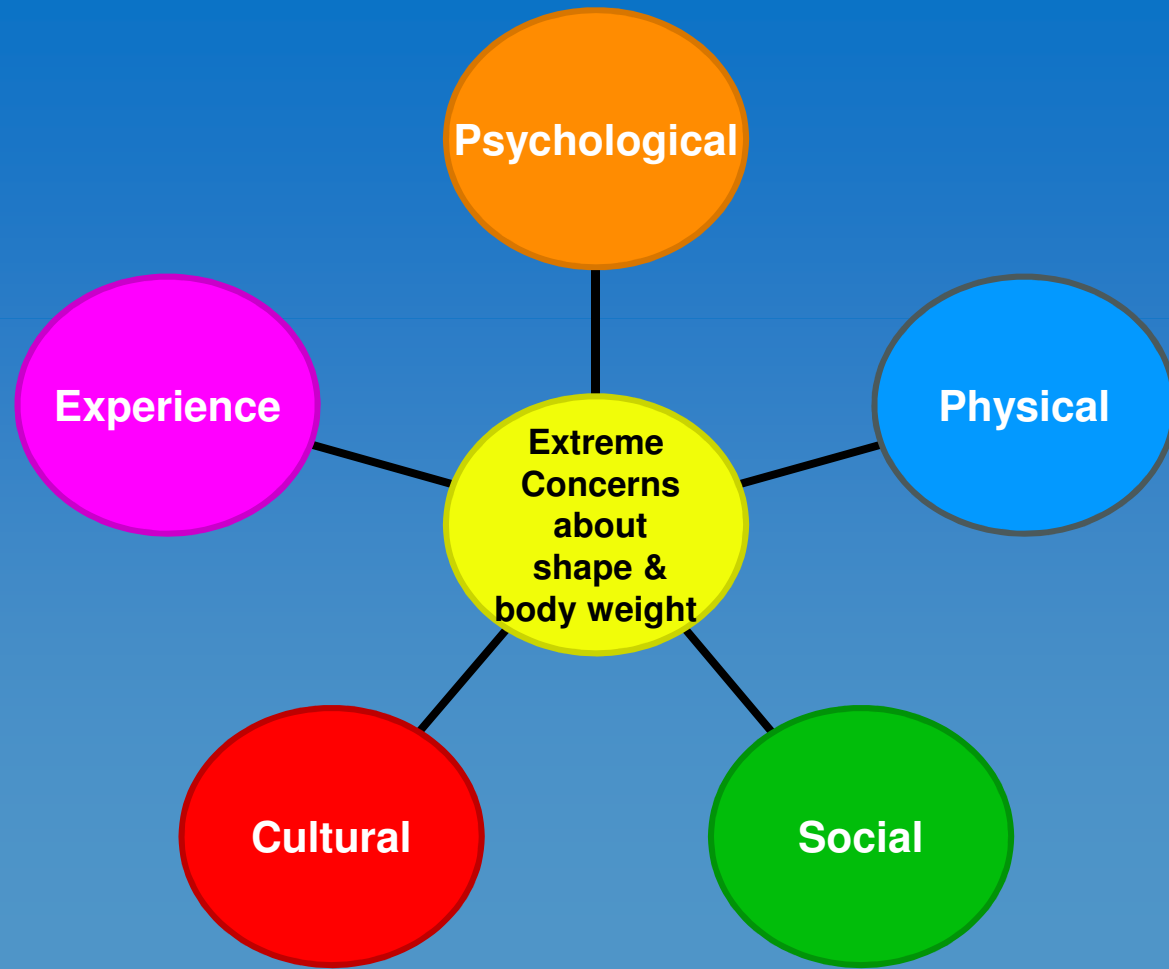
# How Common is Disordered Eating?

We all overeat sometimes. It's about frequency.

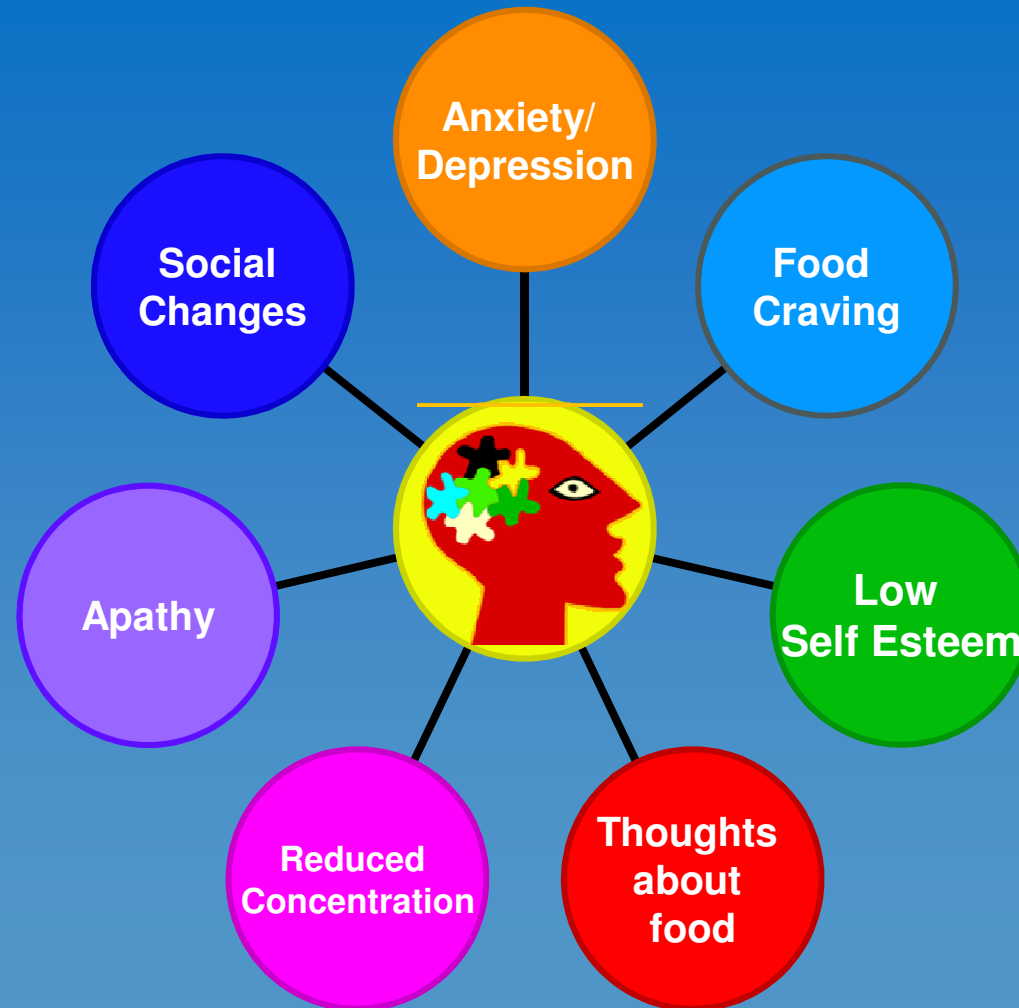
Around 30% of people who are very overweight frequently binge eat. Many more may suffer from other patterns of uncontrolled eating.

Rate of binge eating is higher in females (60%) than in males (40%).

# Causes of Disordered Eating



# Psychological Effects of Disordered Eating



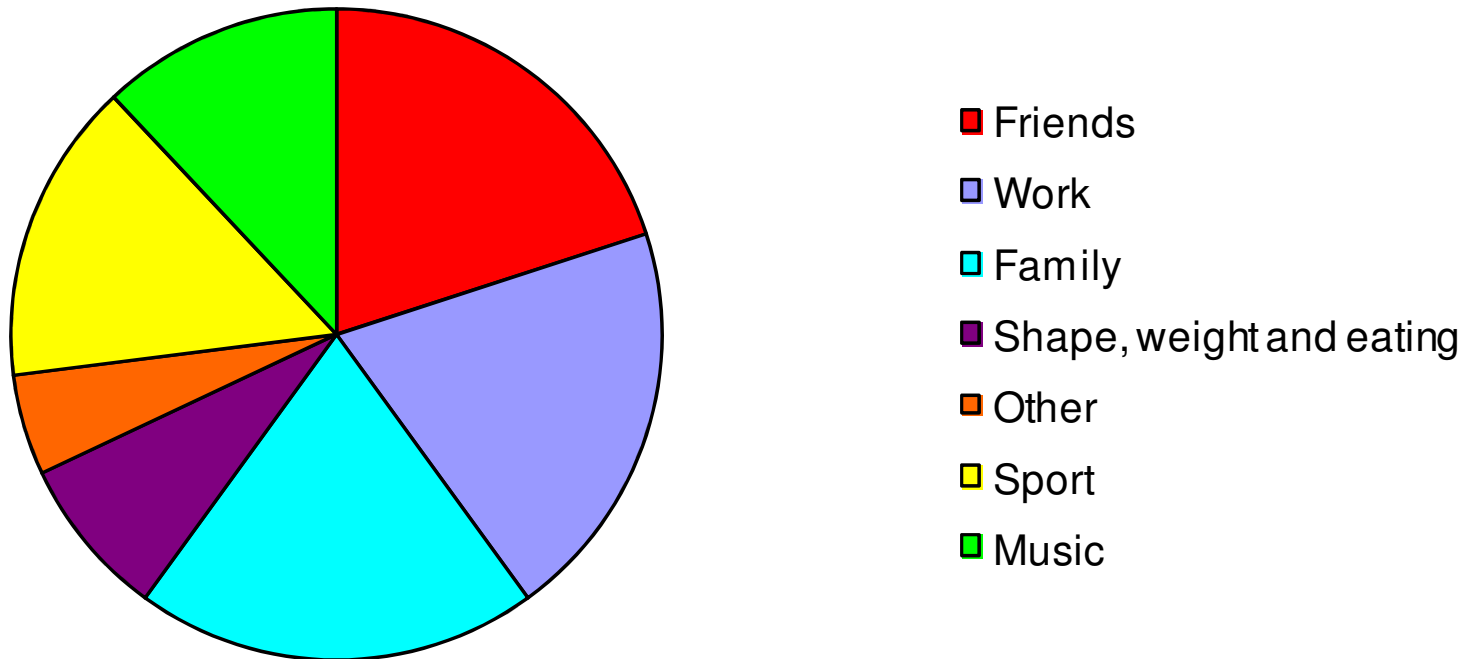
# Physical Effects of Disordered Eating





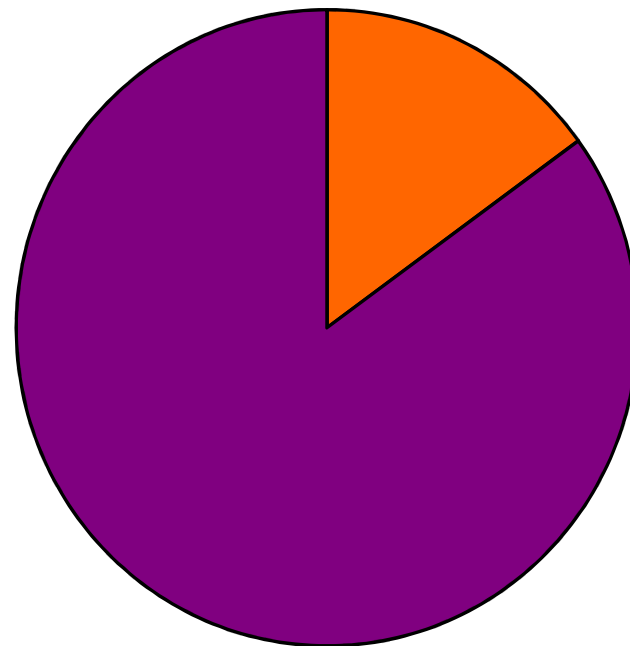
# Important Areas of Life

## Someone without an eating problem



# Important Areas of Life

## Someone with an eating problem



- Other
- Shape, weight & eating

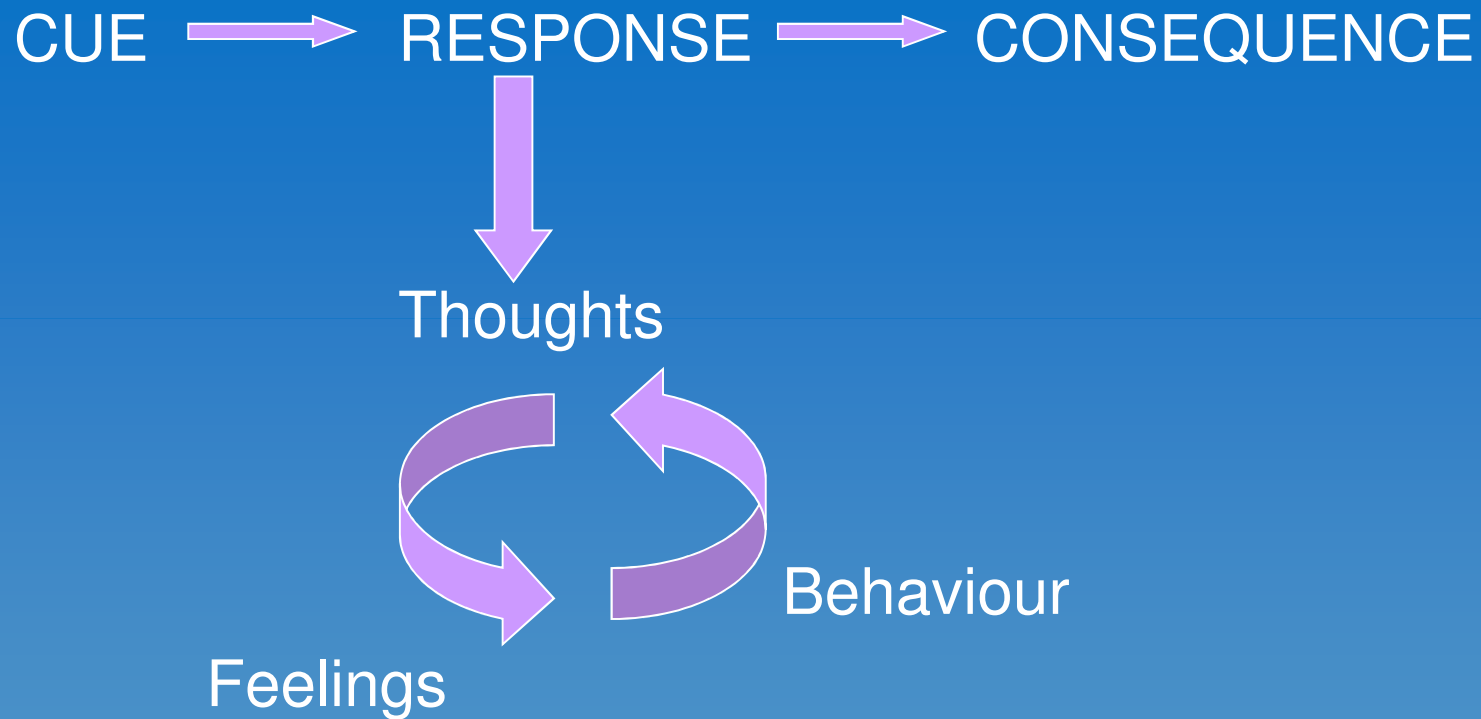
# Does this apply to you?

- Feeling out of control with food?
- Spend a lot of time thinking about eating patterns and food?
- Eating because of emotions, situations not because of hunger?
- Feeling need to diet strictly to compensate for overeating?



# Understanding your disordered eating

# Cognitive Behavioural Approach



# Emily's Story

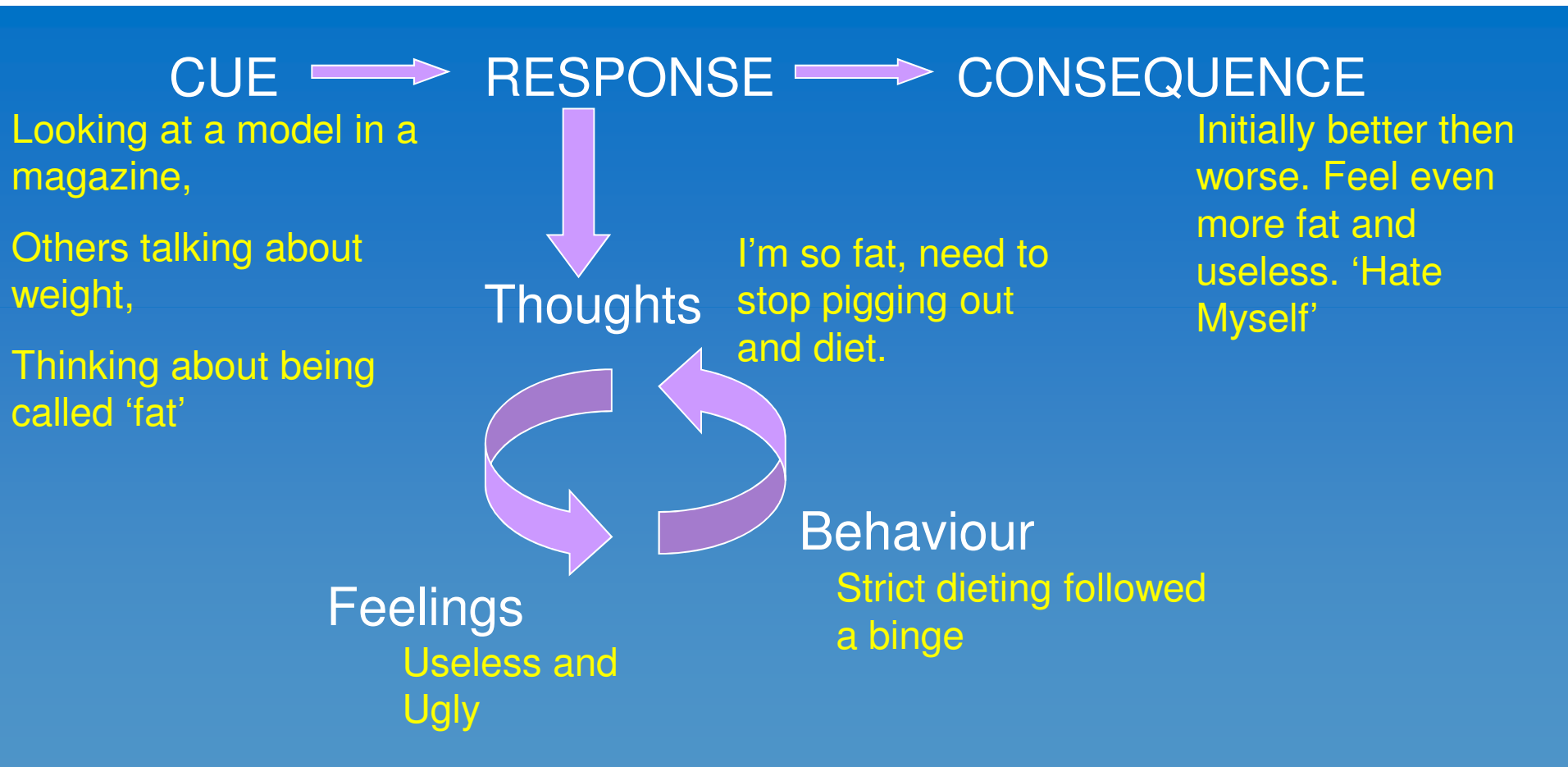
“I have always struggled with my weight. I started dieting when I was 13. I was really unhappy with my appearance and people in school used to say I was fat and ugly.

Since then I have always struggled to control my eating and dieting plays a big part in my life. I want to stick to a diet because that's what I have to do to lose weight, but I find that I just can't stop myself from bingeing at times. Sometimes I eat enough food for three or four people! I feel so useless and ugly because I just can't seem to manage to get thin.

Lots of things lead to me starting a diet which then leads on to a binge. It can be looking at a model in a magazine, other people talking about weight or even just thing about being called fat when I was younger. Whatever it is that causes it it makes me feel useless and ugly and I think 'You're so fat. You need to stop pigging out and be stricter with your dieting.'

The trouble is whenever I try and 'be good' I start off well but eventually my hunger takes over and I just can't stop eating. It feels good to eat at the beginning but afterwards I just hate myself for bingeing and I feel even more fat and useless than before.”

# Cognitive Behavioural Approach



**CUE**



**RESPONSE**



**CONSEQUENCE**

**Internal**

- Cognitive: Thoughts
- Memories
- Images
- Emotion or Feeling
- Physical: Tiredness
- Pain
- Hunger
- Medication

**External**

- Social
- Interpersonal: Relationships
- Environmental: Temperature
- Location
- Specific Object: Image of food
- Smell of food





Thoughts

Automatic or  
Deliberate

Feelings



Behaviour

Emotions  
Physical

Actions or  
What we do

CUE



RESPONSE



**CONSEQUENCE**

**Positive**

Short Term: fullness

Emotional relief

Release of tension

Release of deprivation

**Negative**

Feeling out of control

Feeling bloated

Long term: weight gain

**Value**

**Power**

**Time**

# The 3 steps to controlling your eating pattern



**-Step A- Starting well**

**-Step B- Self monitoring**

**-Step C- Regular eating**

- **Self help techniques for thoughts, feelings, behaviours and cues**

# Step A: Start Well



- You must be ready to begin. False starts can leave us feeling deflated
- Are you motivated? What are your barriers to change?
- If you are ready to make changes you will achieve some success very quickly, this will help motivate you to continue.

# Step B: Self Monitoring



- Real time:
  - Thoughts
  - Feelings
  - Behaviour
  
- Be ready to start this straight away
  
- Raises Awareness:
  - what are you eating
  - when
  - what was happening at the time

# Step B: Self Monitoring



- By noticing what happens you will begin to see the choices you have to make and the negative thinking that you may need to challenge.
- It may make you feel preoccupied in the short term, this will pass after a week or so. You can use this to become an expert in your eating, this is the start of making a change.
- Helps you to plan what you want to tackle first.







# Step B: Self Monitoring





Other benefits of self monitoring:

- Provides a record of progress.
- Helps you see what is going well.
- Helps you see where there is room for improvement.
- Lose more weight and Keep lost weight off
- Feel in control


## Record all foods and fluids consumed over the day

When? Time	What? Food & Drink	Calories PDP	Portions						Hunger Scale	Where? Who with?	Thoughts / Feelings / Comments
											
8 am	Porridge, semi skimmed milk, banana, small glass orange juice		2	2		1			5	TV with sister	Not very hungry but am starting to try and have a breakfast
8:30	<b>Coffee</b>										
12:30	<b>Vegetable Soup</b>										
2020	<b>Ice cream</b> <b>Diet coke</b> <b>Chocolates</b> <b>Fried Rice</b> <b>Curried Beef</b>								1 = Not hungry at all 9 = Extremely hungry		<b>Had a difficult day in work, didn't get home until 8pm. Tired and fed up, couldn't be bothered cooking. Felt really guilty and angry with myself.</b>
			T O T A L								
			RECOMMENDED								


 Fruit & Vegetables

 Starch (bread, cereals, potatoes etc)

 Dairy

 Fats (butter, low fat spread, oil, mayonnaise, salad cream)

 Meat, Fish & Alternatives

 Extras (sweet foods, extra portions, dessert, alcohol crisps)



# Step B: Self Monitoring



Have you done this before?

- What helped previously?
- What was not so helpful previously?
- How did you use the diary before?
- Did you do it all day, every day?
- Did you do it in real time?
- Did you keep it going?
- Did you write down everything you ate and drank?

# Next time: Part 2



Today we've focused on understanding disordered eating and 2 of the three steps:

- **Starting well**
- **Self monitoring**

Next time we will look at:

- The next step:
  - **Regular eating**
- Self help techniques for thoughts, feelings, behaviours and cues



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