

Emotional Eating – An In-Depth Learning Series _ Week 2

Laura MacLachlan
Psychotherapist, BSC, MCP, RP

April 13, 2023



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email gberry@wiche.edu.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Laura MacLachlan, BSC, MCP, RP and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

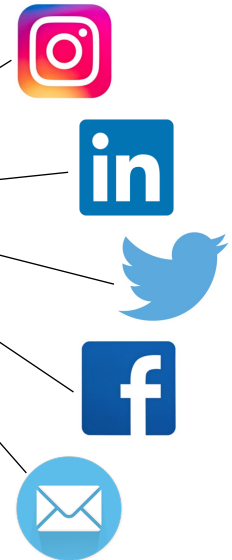
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



Emotional Eating – An In-Depth Learning Series _ Week 2

Laura MacLachlan
Psychotherapist, BSC, MCP, RP

April 13, 2023



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



END EMOTIONAL EATING

LAURA MACLACHLAN, B.SC., MCP,
RP

WORKSHOP OUTLINE

WEEK 1 (APRIL 6, 23)

- ▶ EMOTIONAL EATING (EE) AND WHAT CAUSES IT
- ▶ LETTING GO OF THE DIET MENTALITY
- ▶ BUILDING MOTIVATION FOR CHANGE

WEEK 2 (APRIL 13, 23)

- ▶ NUTRITIONAL WELLNESS
- ▶ COPING WITH EE

WEEK 3 (APRIL 20, 23)

- ▶ MINDFUL EATING
- ▶ INTUITIVE EATING

WEEK 4 (APRIL 27, 23)

- ▶ MANAGING CRAVINGS
- ▶ NIGHT EATING

WEEK 5 (MAY 4, 23)

- ▶ BETTER BODY IMAGE
- ▶ MAINTAINING YOUR GAINS

NUTRITIONAL WELLNESS

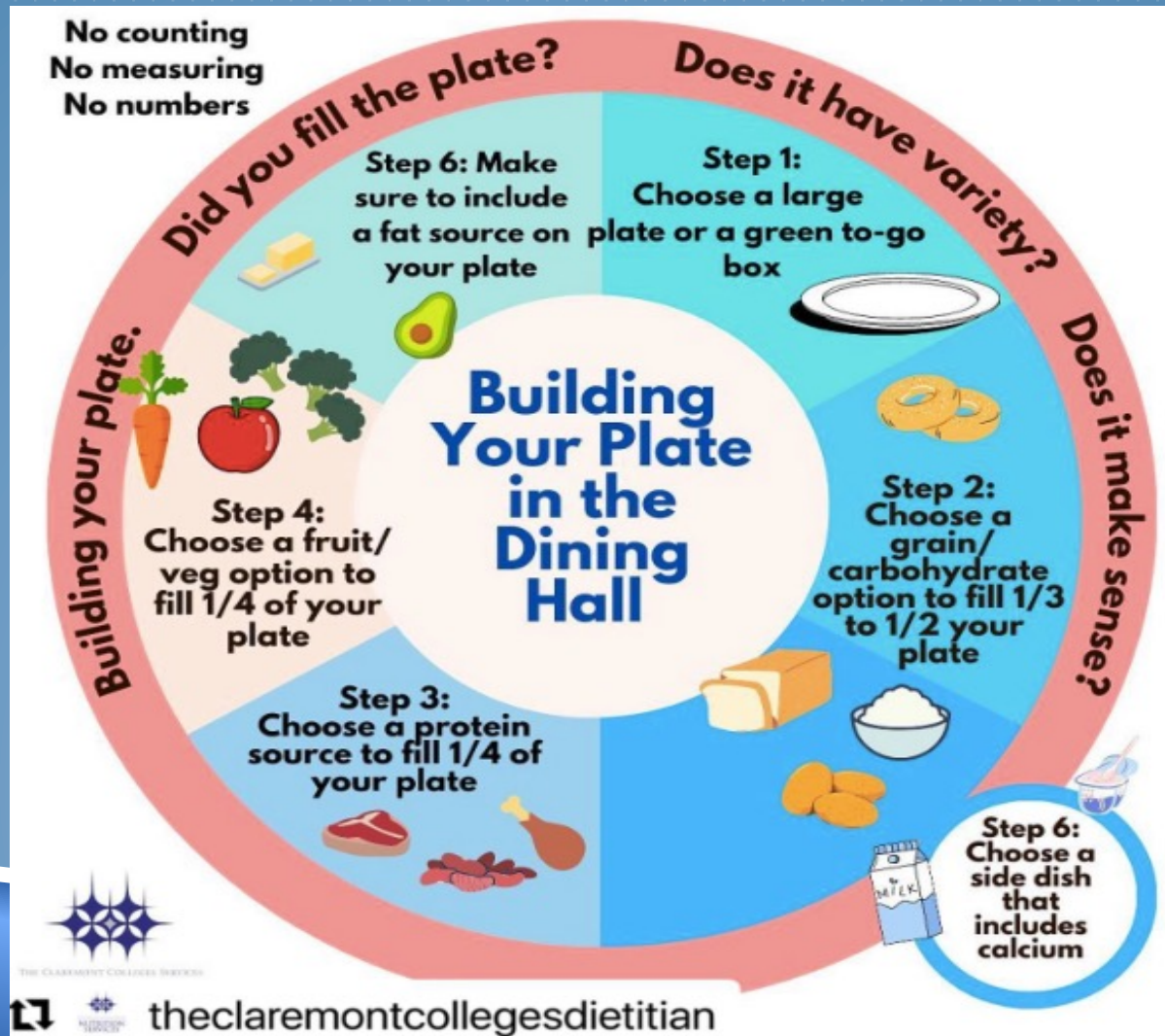
- ▶ 1200 calories a day is not enough!
- ▶ A healthy diet is one that meets our nutritional needs while optimizing physical health
- ▶ Our nutritional requirements change with age and life circumstances (ex. Pregnant, breastfeeding, diabetes)



DIETARY GUIDELINES (2020-2025)

1. Follow a healthy eating pattern across the lifespan which includes a variety of vegetables and legumes, whole fruits, whole grains, dairy, and a variety of protein
2. Enjoy food and beverages to reflect personal preferences, cultural traditions, and budgetary considerations
3. Focus on variety, nutrient density and amount
4. Limit added sugars, sodium, saturated fat, and alcoholic beverages
5. Support healthy eating patterns for all

PLATE BY PLATE APPROACH



COPING WITH EE: IDENTIFYING EMOTIONAL TRIGGERS

- ▶ Anxiety
- ▶ Boredom
- ▶ Bribery
- ▶ Celebration
- ▶ Emptiness
- ▶ Excitement
- ▶ Loneliness, feeling unloved
- ▶ Frustration, anger
- ▶ Loosening the reins
- ▶ Depression
- ▶ Self soothing
- ▶ Procrastination
- ▶ Reward
- ▶ Stress
- ▶ Rebellion

OTHER TRIGGERS

- ▶ Physical hunger
- ▶ All or nothing thinking
- ▶ Scarcity mindset
- ▶ Remember: You only binge on what you restrict

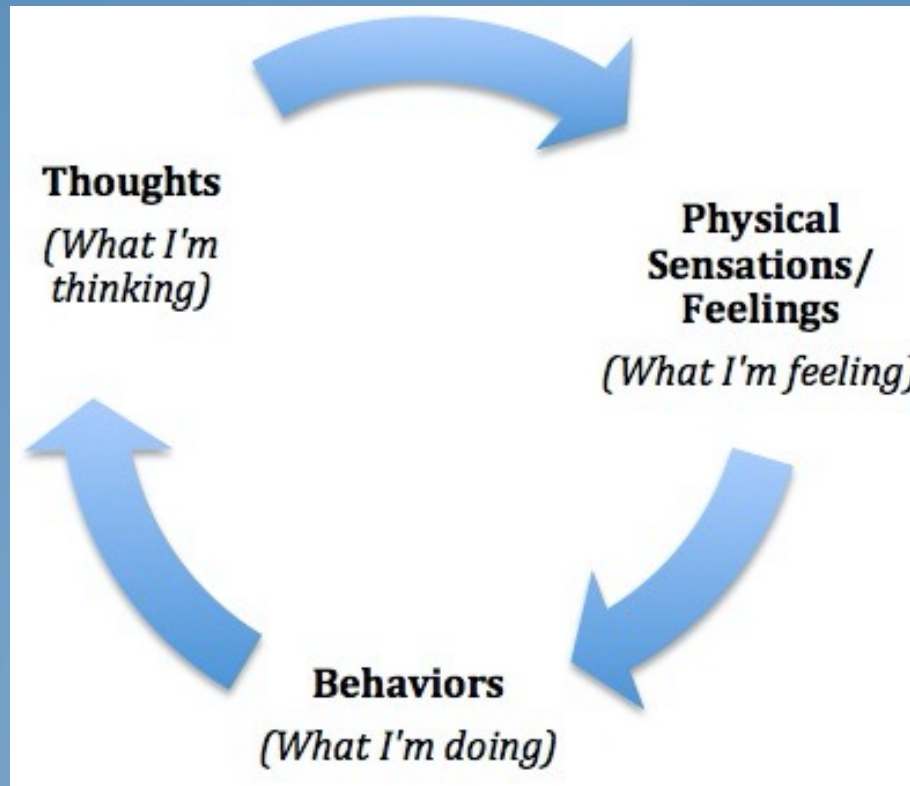
SCARCITY MINDSET	ABUNDANCE MINDSET
<ul style="list-style-type: none">- Strict rules, no flexibility- “I can’t have ___ in the house, I’ll just eat all of it”- Labeling certain foods as bad- Eat is all now and start the diet fresh tomorrow	<ul style="list-style-type: none">- No diets, flexibility, moderation- “I can keep ___ in the pantry, I trust that I can it when I want”- Food is not my main source of happiness- I don’t need to eat it now, it will be there later

SELF CARE BASICS

- ▶ Water, sleep, nutrition
- ▶ Hygiene, managing health
- ▶ Movement
- ▶ Comfort
- ▶ Work/life balance
- ▶ Stress management
- ▶ Play/fun
- ▶ Spiritual time
- ▶ Relaxation



THOUGHTS, EMOTIONS, BEHAVIOUR



BREAKOUT GROUP EXERCISE

- ▶ Event: My boss shut down my idea in a meeting
- ▶ Thoughts: I'm such an idiot, why did I suggest that? My boss must hate me and my colleagues must think I'm stupid
- ▶ Emotions: Shame, embarrassment, anger toward my boss for speaking to me like that, anxiety over what others think of me
- ▶ Action: Hide away in the bathroom until I calm down; comfort eat to soothe my anxiety and distract from the embarrassment
- ▶ *You have the power to break the cycle by changing your thoughts and behaviors. What would be a more helpful way of handling the situation?*

EE AND UNMET NEEDS

Consider the words below that fit that kind of needs you are seeking when you over eat:

- ▶ Solitude
- ▶ Relaxation
- ▶ Energy
- ▶ Calm
- ▶ Connection
- ▶ Comfort
- ▶ Pleasure
- ▶ Distraction
- ▶ Affection
- ▶ Respect

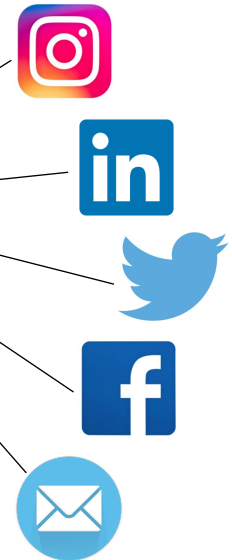


IDEAS FOR COPING

- ▶ Journaling
- ▶ Joyful exercise – can modify based on how you are feeling
- ▶ Getting outdoors
- ▶ Mood light
- ▶ Hobbies – what did you like to do as a child?
- ▶ Supportive friends – online communities
- ▶ Therapy
- ▶ Go see a movie
- ▶ Diaphragmatic breathing
- ▶ Knit or colour
- ▶ Gratitude list
- ▶ Play music
- ▶ Online shopping
- ▶ Drink tea
- ▶ Yell
- ▶ Cuddle
- ▶ Research dream vacations online
- ▶ Take a nap
- ▶ Give yourself a pedicure
- ▶ Ask for help

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



Thank You!

Emotional Eating Week 1



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration