

# Emotional Eating – An In-Depth Learning Series \_ Final Session

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May 4, 2023



Mountain Plains (HHS Region 8)

**MHTTC**

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

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# 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

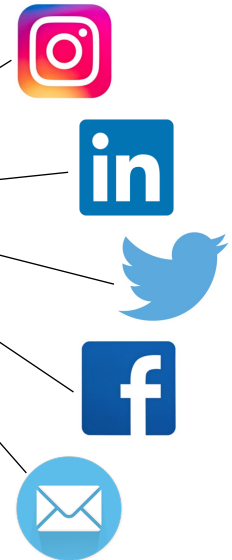
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

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# END EMOTIONAL EATING

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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

# LONG TERM RECOVERY FROM EE

- ▶ Recovery is a day-to-day process and doesn't just include managing binge eating. It includes all aspects of your life, including your friends, job, education, and spirituality
- ▶ Remember to monitor
- ▶ Connect with others
- ▶ Setbacks happen. See it as a cue that is alerting you to an issue in your emotional wellbeing
- ▶ Know your triggers
- ▶ Look to your positive role models

# LONG TERM RECOVERY CONT'D

- ▶ Replace self criticism (food police, rebel) with self compassion (neutral observer, nurturer)
- ▶ Use coping skills that work for you
  - ▶ Urge surfing
  - ▶ Distraction
  - ▶ Self care
  - ▶ Examine your needs
  - ▶ Physical vs. emotional hunger (hunger scale)
  - ▶ Pleasure activities
  - ▶ Thought reframing

# BODY IMAGE STATISTICS

- ▶ 87% of people have been on a diet with the purpose to change their weight
- ▶ 45% make food choices influenced by their weight
- ▶ 32% think that being thin is a sign of self discipline
- ▶ 17% would trade 1-5 years of their life to have an ideal body
- ▶ 11% would give up sex in exchange for their ideal body
- ▶ 60% say the way they feel about themselves is influenced by their weight
- ▶ 6% of people were generally happy with their bodies

# BODY ACCEPTANCE

- ▶ Having an objective view of your body
- ▶ Accepting our body for what it is in this moment and accepting that our bodies changes over the years
- ▶ The recognition that our appearance has no bearing on ourselves, as people
- ▶ Embracing the parts of our bodies that we do like and emphasize these
- ▶ Body acceptance is a prerequisite to making peace with food.
- ▶ Lack of body acceptance leads to missed opportunities – swimming, group exercise classes, running in the park
- ▶ Remember: Weight loss  $\neq$  body acceptance

# 3 ELEMENTS OF POSITIVE BODY IMAGE

1. Self esteem
2. Positive attitude and limiting 3 negative attitudes
  1. Perfectionism
  2. Comparison to others
  3. Highly critical/judgmental
3. Emotional stability



# WHAT IS A HEALTHY BODY WEIGHT?

- ▶ BMI is not an indicator of health
- ▶ Doesn't take into account gender, age, cultural background
- ▶ Doesn't take into account if weight is originating from fat vs. muscle
- ▶ Researches at the CDC found that people in the overweight BMI category have lower mortality rates than people in other categories including the optimal weight category
- ▶ Within every BMI category there are healthy and unhealthy people
- ▶ Research shows that healthy habits are associated with a reduction in health risks regardless of BMI
- ▶ Our ideal weight has nothing to do with the bathroom scale or BMI, but rather it is the size we are when we can think best, have the most energy, and feel whole



# GOOD NEWS FOR THOUSANDS OF GIRLS WHO HAVE NO **SEX APPEAL**



**THOUSANDS GAIN 10 TO 25 LBS. QUICK, WITH IRONIZED YEAST**

**BUT BEWARE OF THE MANY SUBSTITUTES FOR THIS TREMENDOUSLY SUCCESSFUL FORMULA. BE SURE YOU GET GENUINE IRONIZED YEAST.**

THERE'S no use shutting our eyes to the fact that "sex appeal"—an attractive, well-developed figure with all its feminine allure—is a big contributing part to a girl's happiness and success. And here's a new easy treatment that has given thousands of skinny, scrawny girls 10 to 25 pounds of solid flesh, pleasing normal curves—in just a few weeks!

Furthermore it has brought naturally clear skin and lively color, new health and pep, loads of new friends and good times.

Scientists recently discovered that thousands are thin and rundown for the single reason that they do not get enough Vitamin B and iron in their food. Now one of the richest known sources of Vitamin B is imported English ale yeast. This special ale yeast is now concentrated 7 times, making it 7 times more powerful. Then it is combined with 2 kinds of iron, pasteurized whole yeast and other valuable ingredients in pleasant little tablets. And these little Ironized Yeast tablets have helped thousands to gain long-wished-for pounds—quick!

## Make this money-back test

If you, too, need these elements, get these new "T-power" Ironized Yeast tablets from your druggist today. Then watch fat chest develop and skinny limbs round out to natural attractiveness. See natural beauty come. Soon you feel like a different person, with new pep, charm and personality.

If you are not delighted with the results of the very first package, money back instantly. So start today and watch the wonderful change. Only be sure you get genuine Ironized Yeast. Don't let anyone sell you a substitute.

## Special FREE offer!

To start thousands bustling up their health right away, we make this absolutely FREE offer. Purchase a package of Ironized Yeast tablets at once, cut out the seal on the box and mail it to us with a clipping of this paragraph. We will send you a fascinating new book on health, "New Facts About Your Body." Remember, results with the very first package—or money refunded. At all druggists. Ironized Yeast Co., Inc., Dept. 227, Atlanta, Ga.

Painted by professional model



# I KNOW I'LL FEEL BETTER IF I JUST LOSE SOME WEIGHT

- ▶ Getting thin will not lead to happiness
- ▶ Being thin might not end the war with food
- ▶ Life will not get easier once you're thin
- ▶ A 2014 study showed that obese people who lost 5% or more of their weight over four years were more likely to report feeling depressed than those who remained within 5% of their original weight
- ▶ Researchers from the University of Bristol have found that people who are overweight have a calmer state of mind

# HOW TO BE HAPPY WITH YOUR BODY

- ▶ Focus on body functionality
- ▶ Your body is destined to maintain its genetic blueprint (genetic influence is up to 80%)
- ▶ Get rid of the scale
- ▶ Stop body checking
- ▶ Throw away old clothes
- ▶ Wear comfortable clothes
- ▶ Stop comparing you body to others
- ▶ Learn to feel your feelings

# HOW TO BE HAPPY WITH YOUR BODY

- ▶ Stop body bashing
- ▶ Engage in self care
- ▶ Focus on gratitude
- ▶ Limit time on social media
- ▶ *Ask yourself: If I wasn't obsessing about my body/food/exercise, what would I be thinking about or feeling?*



# CHALLENGE YOUR ASSUMPTIONS

- ▶ *If I look attractive, people will value me; If people notice how I look, they will be disgusted; If I don't look perfect, others will reject me; If I don't change my appearance, I will never be happy*
- ▶ Ask yourself – where did this assumption come from? Why is it still here?
- ▶ What impact does this assumption have on my life?
- ▶ In what ways is this assumption unreasonable, unrealistic or unhelpful?
- ▶ What is a more balanced assumption?
- ▶ What can I do to put this assumption into practice on a daily basis?

# BODY MINDFULNESS

1. Our desire for external validation plays out in our relationship with our body
2. Our language either nurtures self validation in ourselves or feeds the desire for external validation
3. Our relationship with our body is affirming **ONLY** when we rely on self-validation instead of external validation

Write down how you feel about your body (body narrative)

Read through your body narrative- circle words that strike you.

How do these words make you feel?

Think about the ripple effects of your body narrative (ex. your career, physical health, self confidence, relationships)

# BODY MINDFUL GOALS

- ▶ My goal is to feel energetic
- ▶ My goal is to enjoy health
- ▶ My goal is to build stamina
- ▶ My goal is to improve my cardiovascular health
- ▶ My goal is to enjoy exercise in nature
- ▶ My goal is to have more energy to play with my children/ grandchildren
- ▶ My goal is to feel more alive
- ▶ My goal is to do activities with others

# AFFIRMATIONS

- ▶ My body deserves love
- ▶ I feed my body healthy nourishing food and give it healthy nourishing exercise because it deserves to be taken care of
- ▶ As long as I am good, kind, and hold myself with integrity, it doesn't matter what other people think of me
- ▶ When I compare myself to others, I destroy myself, I don't want to destroy myself so I'll just continue on my journey, not worrying about other people's journeys.
- ▶ Just because someone looks perfect on the outside, doesn't mean they have a perfect life. No one has a perfect life, we all struggle. That's just what being human is.
- ▶ I choose health and healing over diets and punishing myself

# BREAKOUT GROUP QUESTIONS

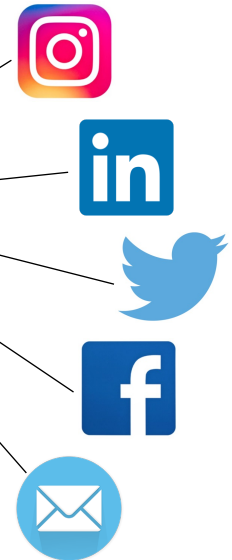
- ▶ *A healthy body image doesn't mean achieving a specific appearance. It means feeling comfortable with your body as it is. How can you tell if you or someone else has a healthy body image?*
- ▶ *What has worked in helping you build a better body image?*
- ▶ *What can you learn to appreciate about your body other than its appearance?*



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