

Emotional Eating – An In-Depth Learning Series _ Week 3

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April 27, 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

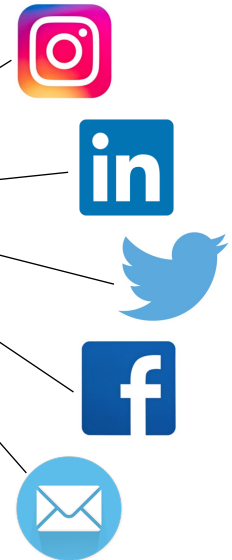
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

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

WHAT ARE FOOD CRAVINGS?

- ▶ An intense desire to eat a particular types of food
- ▶ Typically energy-dense foods such as chocolate
- ▶ Cultural differences have been found in food cravings. Ex. Rice is the most frequently craved food in Japan
- ▶ Only two-thirds of languages have a word for cravings
- ▶ Typically occur in the late afternoon and evening
- ▶ EE is using food as a coping mechanism, whereas cravings pop up in response to a desire for 'forbidden' foods
- ▶ Dieting leads to food cravings; however some research has indicated that fasting may cause food cravings to diminish

WHAT CAUSES FOOD CRAVINGS?

- ▶ Physical restriction
- ▶ Mental restriction
- ▶ Low blood sugar
- ▶ Conditioning
- ▶ Poor hydration
- ▶ High stress levels
- ▶ Insufficient protein or fibre
- ▶ Conditioned response
- ▶ Microbe manipulation



NUTRIENT DEFICIENCIES

- ▶ Cravings may be our body's way of signaling to us that we're deficient in nutrients
- ▶ Pica – most common in pregnant women and children and nutrient deficiencies are thought to play a role
- ▶ Cravings for salty foods are often thought to mean that the body requires more sodium
- ▶ The research shows contradictions – pregnant women tend to crave high carb, high fat foods,
- ▶ Cravings are gender specific

HOW TO MANAGE CRAVINGS

- ▶ Eat mindfully
- ▶ Allow yourself to enjoy the foods you love without guilt or shame
- ▶ Schedule regular meals and snacks to keep your blood sugar levels stable
- ▶ Urges come in waves 10-30 minutes
- ▶ Urges do get easier to get through as you preoccupy yourself with activities
- ▶ Get enough sleep
- ▶ Diversify your microbiome
- ▶ Consider fatty acids, glutamine, and amino acids

HOW TO MANAGE NIGHT EATING

- ▶ Eating late at night doesn't cause weight gain, per se
- ▶ If you are physically hungry, it's a good idea to eat, even if it's later in the night
- ▶ Consider how much you eat in the day (are you restricting?)
- ▶ Consider food satisfaction
- ▶ Get more sleep
- ▶ Consider pleasurable evening activities
- ▶ Don't be surprised if sadness emerges when you choose not to eat at night (if this is something you normally do)

ADDICTION DEFINED: THE 4 C'S

- ▶ **C**raving
- ▶ loss of **C**ontrol of amount or frequency of use
- ▶ **C**ompulsion to use
- ▶ use despite **C**onsequences



THE REPTILIAN BRAIN

reasoning, knowledge,
data, facts, intention

NEO-CORTEX

THINKING BRAIN

feeling, doing,
body

MIDBRAIN

LIMBIC / EMOTIVE BRAIN

associative conditioning, habits,
doesn't understand language,
subconscious

CEREBELLUM

BASAL / REWARDS BRAIN

CAN YOU BE ADDICTED TO FOOD?

- ▶ Animal data has shown significant overlap between the consumption of added sugars and drug-like effects, including bingeing, craving, tolerance, withdrawal, cross-tolerance, reward and opioid effects.
- ▶ Sugar addiction seems co-occur with natural endogenous opioids that get released upon sugar intake.
- ▶ In both animals and humans, the evidence in the literature shows substantial parallels and overlap between drugs of abuse and sugar, from the standpoint of brain neurochemistry as well as behaviour.

AN INTUITIVE EATING PERSPECTIVE

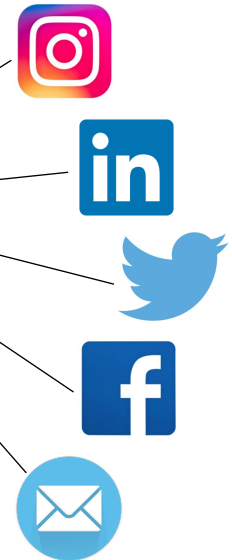
- ▶ Can you really be addicted to food? Similar to asking if you can be addicted to breathing. Both eating and breathing are vital for life.
- ▶ Food is supposed to be rewarding
- ▶ Only fasting creates 'sugar-addicted' rats.
- ▶ Dieting is the gateway that makes forbidden foods even more enticing and difficult to stop eating
- ▶ Food restriction heightens the rewarding value of food. This is not addiction, rather, it's a compensatory reaction to deprivation

GROUP DISCUSSION

- ▶ *Do you believe that you can be addicted to food?*
- ▶ *If so, how does that fit into Intuitive Eating?*
- ▶ *Do you think that cravings are a result of biological processes that are out of our control or food deprivation (ex. Dieting)?*

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Thank You!

We Hope To See You Next Week

May 4, 2023



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