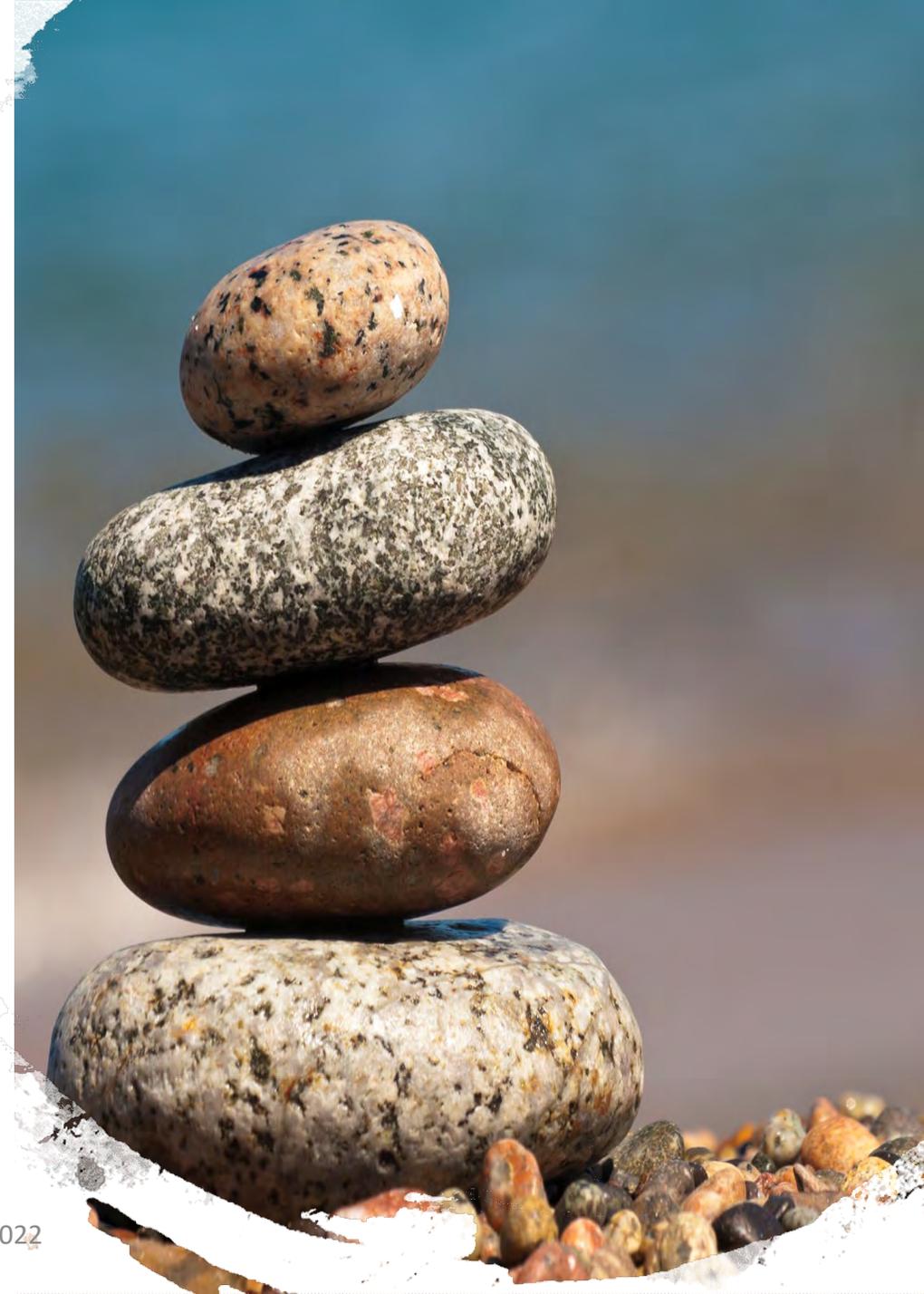


Virtual Classroom Reminders

- Please have yourself on mute when you are not speaking.
- If you would like to share or ask a question, use the chat box or raise your hand then unmute yourself.
- If connection is lost on my end, please give me about 15 minutes to reboot my router. If it takes longer than 15 minutes for me to return, that means there is an issue with the internet service in the area. We will resume class next week.
- Ensure that you are in a private room, by yourself to ensure the privacy of your classmates. If you are unable to be in a room away from others use headphones.
- Remember that everything discussed in class is confidential. No recording.



Medical Weight Management Full/Modified Meal Replacement Program

Welcome!
What you'll need for class today...
Something to write with and paper



Session #10: Emotions



Mindful Minute

Check-In

- Successes/Wins?
- Challenges/Struggles?
- Questions for the teacher/group?



*“One ought to hold on
to one’s heart;
for if one lets it go,
one soon loses control of the mind too.”*

– Friedrich Nietzsche





What are emotions?

- Feelings/sensations that are triggered by thoughts or things in your environment
- Emotions are information about how you are experiencing things around you.
- “Emotions last 90 seconds. It is our stories about the events that can prolong the feelings,” neuroscientist Jill Bolte Taylor, Ph.D.



Take the scenario...

I stub my toe; I automatically feel pain.

What happens next...?

- I could yell at those around me, trying to find someone to blame for putting that chair in my way.
- I could tell myself for the next hour how stupid I am for not looking out for the chair.
- Or I could look at the source of the pain and tend to any injuries that may be present.



How do feelings influence your eating behavior?

- To cope with emotions.
- To celebrate.
- To take care of yourself when feeling low.
- Using feelings as an excuse to not take care of yourself.
- To get rid of the physical discomfort of an emotion.



Familiar Emotions



Fear

Sad

Happy

Shame

Guilt

Love

Content

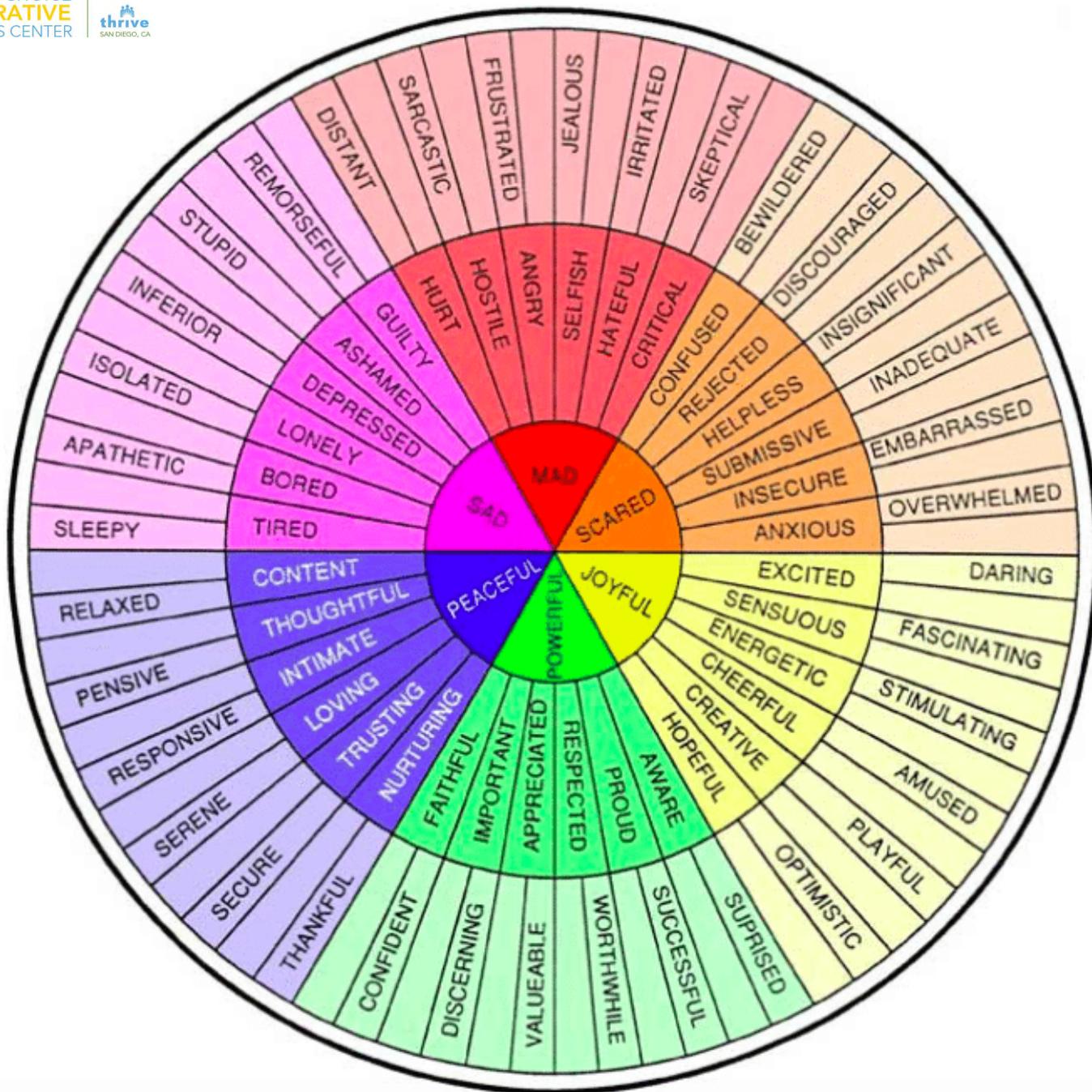
Anger

Joy

Lonely

Grateful

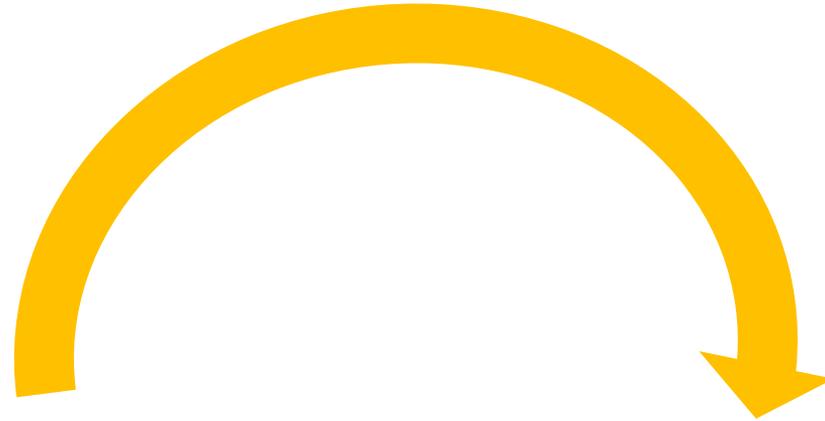
What is it
like for
you to
experience
these
emotions?



What are you currently feeling?

Feelings wheel is a tool you can use to identify/label your emotions/experience

Learning to Identify Emotions



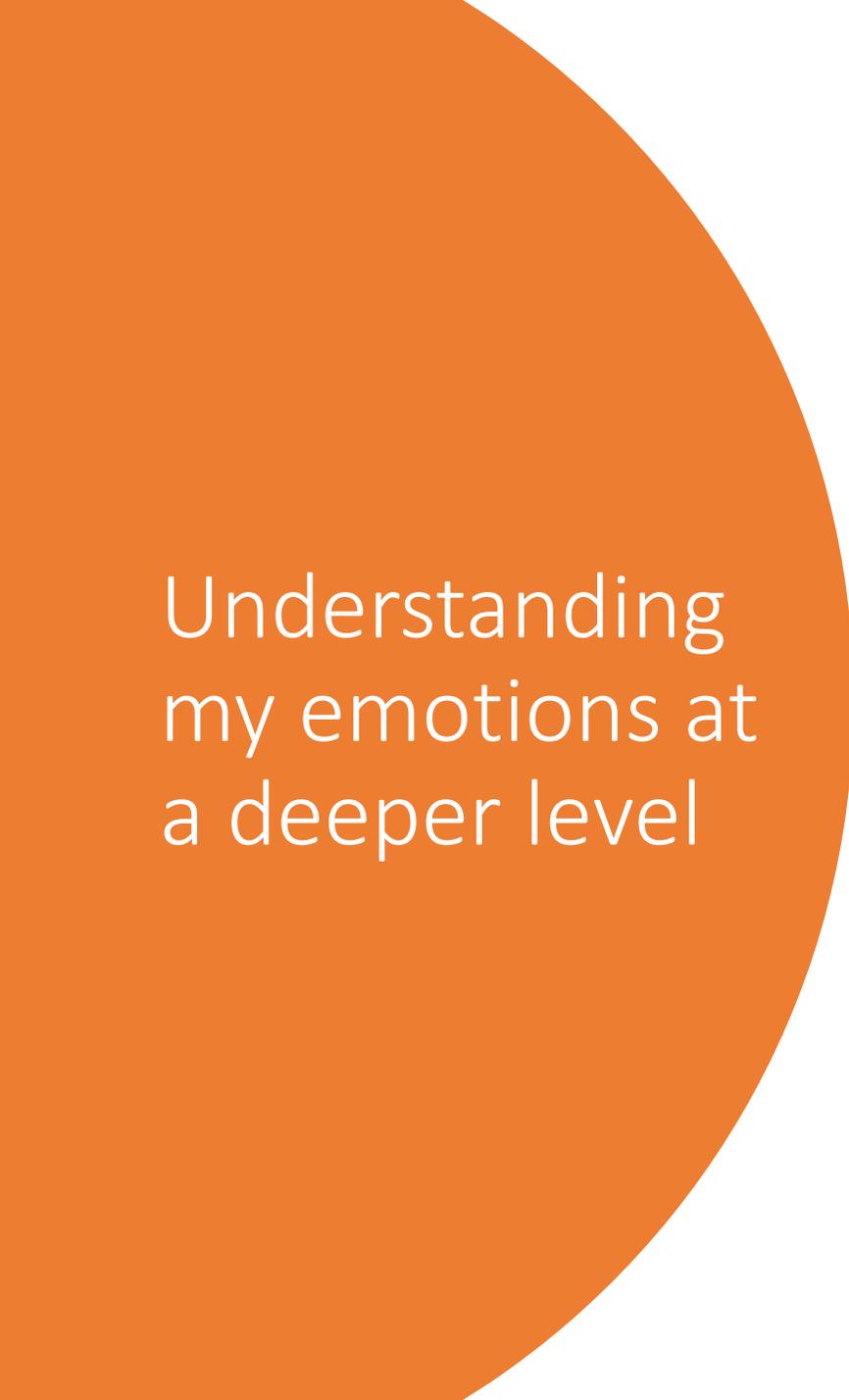
Notice thoughts that occur when having the emotion.

- “I am no good” when I feel shame.

Notice body sensations that occur during the emotion.

- Sweaty palms when nervous or pit in stomach when guilty





Understanding my emotions at a deeper level

- What is the difference between thoughts and emotions and feelings?
 - When/what/from whom did you learn about emotions growing up?
 - What were you taught or modeled about expressing emotions growing up?
 - Were certain emotions considered acceptable and others unacceptable?
- 



Mindfulness to Practice Identifying Emotions in the Moment



Group Questions

- What was it like connecting with your emotions?
- Did you have difficulty identifying your feelings or the body sensations the feelings created?



Emotion Regulation and Distress Tolerance

Emotion Regulation- Emotion regulation is the ability to manage and influence your emotions.

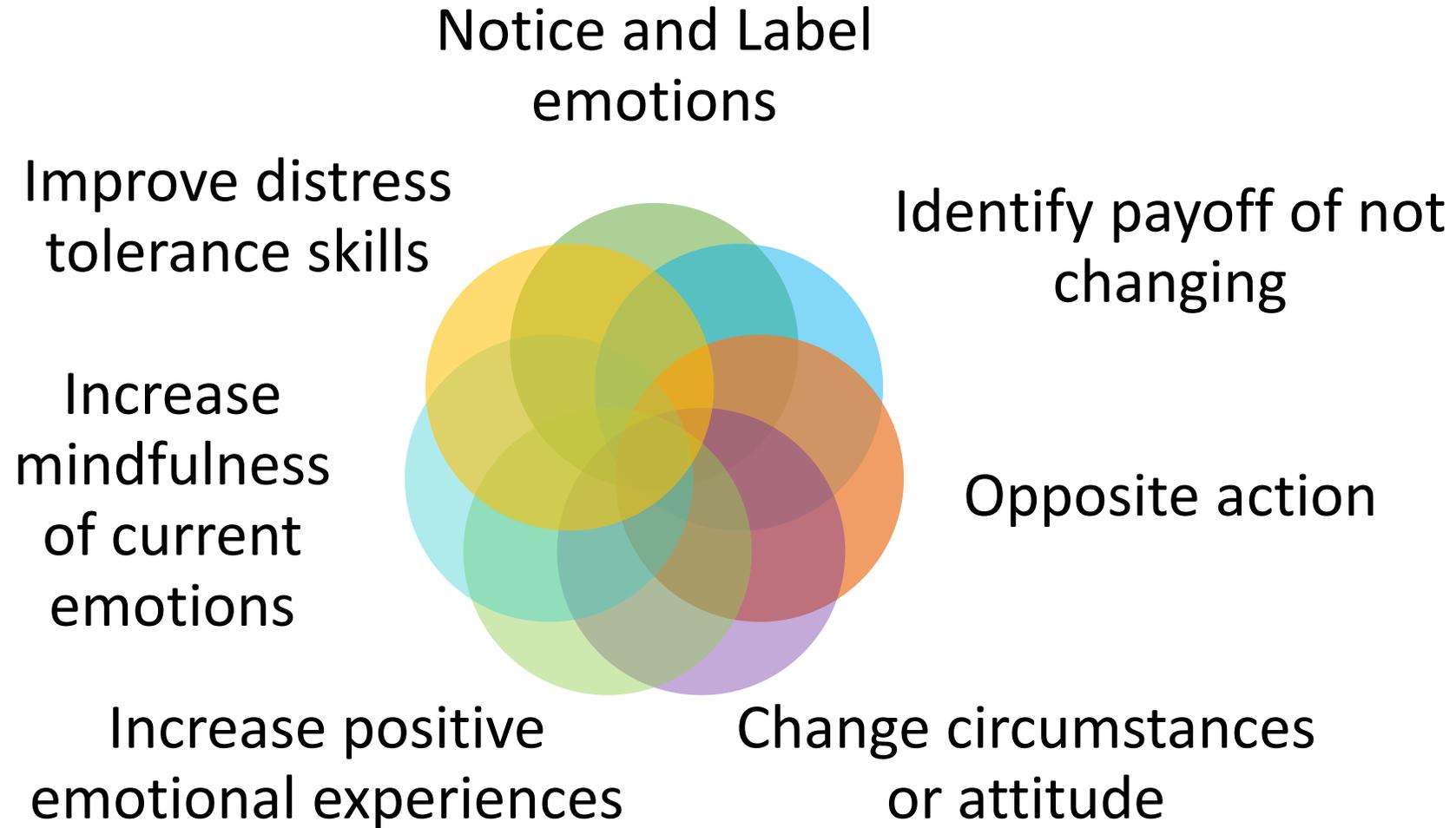
- Such as rethinking a challenging situation to reduce anger or anxiety, hiding visible signs of sadness or fear, or focusing on reasons to feel happy or calm.
- We'll discuss more in depth tools for this in the next slide.

Distress Tolerance – A person's ability to tolerate and deal effectively with uncomfortable emotions as they arise.

- We discussed distress tolerance skills in our stress management lesson in week 6.

Both are necessary tools to manage emotions (pleasant and unpleasant) as they arise in our lives. Both tools also have mindfulness as a central tool.

Emotion Regulation Skills



Something to
think about...

How do your emotions
influence your actions during
the week?



A wide-angle photograph of a lush, green field filled with tall grasses and numerous yellow wildflowers. The field extends to a distant horizon line where a few trees are visible. The sky is bright blue with scattered white and grey clouds. The overall scene is a natural, open landscape.

Questions?