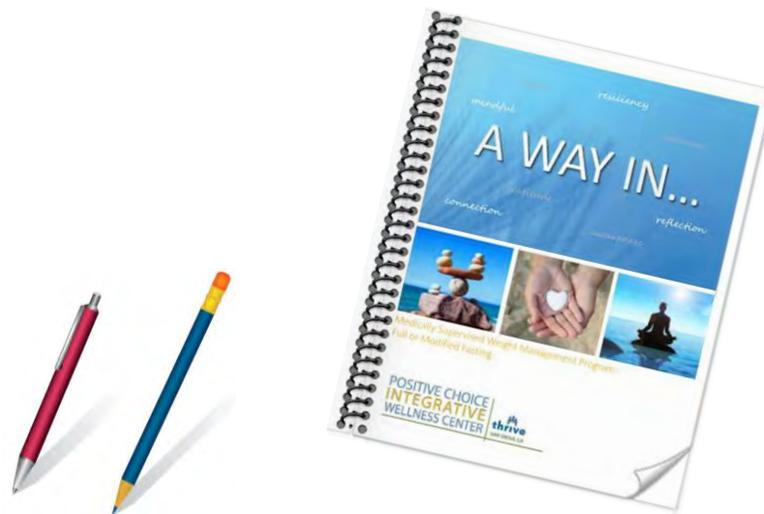


Medical Weight Management Full/Modified Meal Replacement Program

We will begin promptly.

What you'll need for class today...
something to write with, and your
"A Way In" Workbook, pages 96-100.



Session #16:

Changing Self Identity



Mindful Minute

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Check-In

- Identify a positive choice you made toward your wellness this week.
- Successes/Wins?
- Challenges/Struggles?
- Questions?





Quote of the Week

“There is nothing
either good or bad,
but thinking makes it so.”

Shakespeare

The number on the scale will not tell you...

- ✓ What a great person you are
- ✓ How much your family and friends love you
- ✓ That you are kind, smart, funny and amazing in ways numbers cannot define
- ✓ That you have the power to choose happiness
- ✓ Your own self worth



Changing Self-Identity

When we are unhappy with a part of ourselves or our life, it's common to...

- Fantasize about how life would be different if this one thing changed.
- Avoid doing things we want or like to do because we think that in the future it will be easier or better.

This is common when it comes to body weight. “When I lose weight... I’ll be healthy, I’ll be attractive, people will treat me better, I’ll find love, I’ll have a better job, I’ll be more active,” etc.

Who relates to this?

What do you expect to improve as you lose weight?





Changing Self-Identity

The reality is...

- Some things will change, but not all things will improve.
- Sometimes as people lose weight, they find their depression worsens, some relationship dynamics become strained, and cross addictions develop.

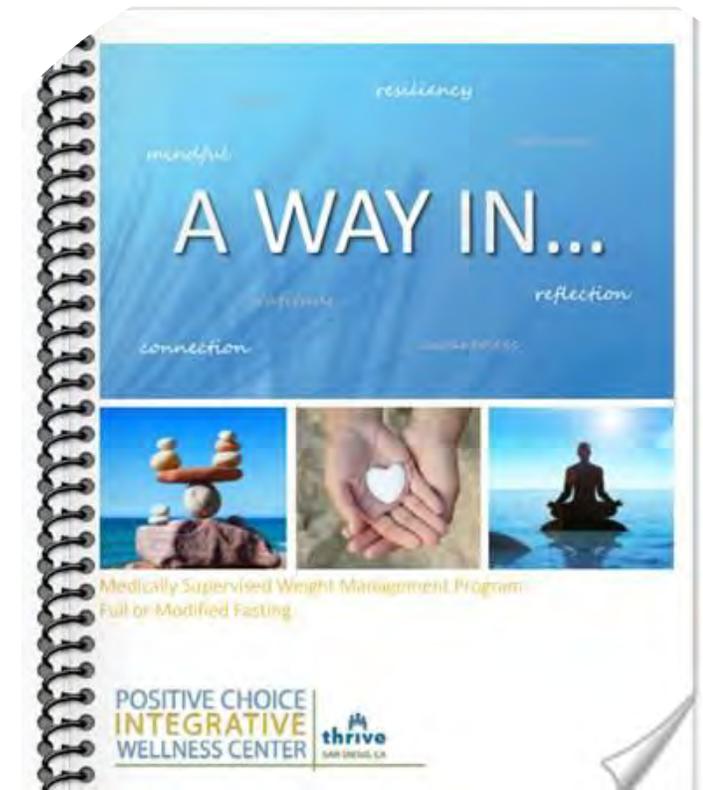
“I lost weight and I realized I still had issues in my life, still struggled with low self-esteem, and I still felt judgment from others.”

What do you expect might not improve for you as you lose weight?

Let's explore your expectations of how weight loss will impact your life



- Less Healthy Me/Healthy Me worksheets
- Complete the prompts for these pages (next slide)
- If you don't relate to labels, change them to what feels right for you...higher-weight/preferred-weight, overweight/ideal weight, etc.



THE LESS HEALTHY ME... (plodding, awkward, safe...)

- IS...
- WEARS CLOTHES THAT ARE...
- WHEN I AM AT A PARTY, THE LESS HEALTHY ME...
- WHEN I AM ALONE, THE LESS HEALTHY ME...
- LIKES...
- DESERVES...

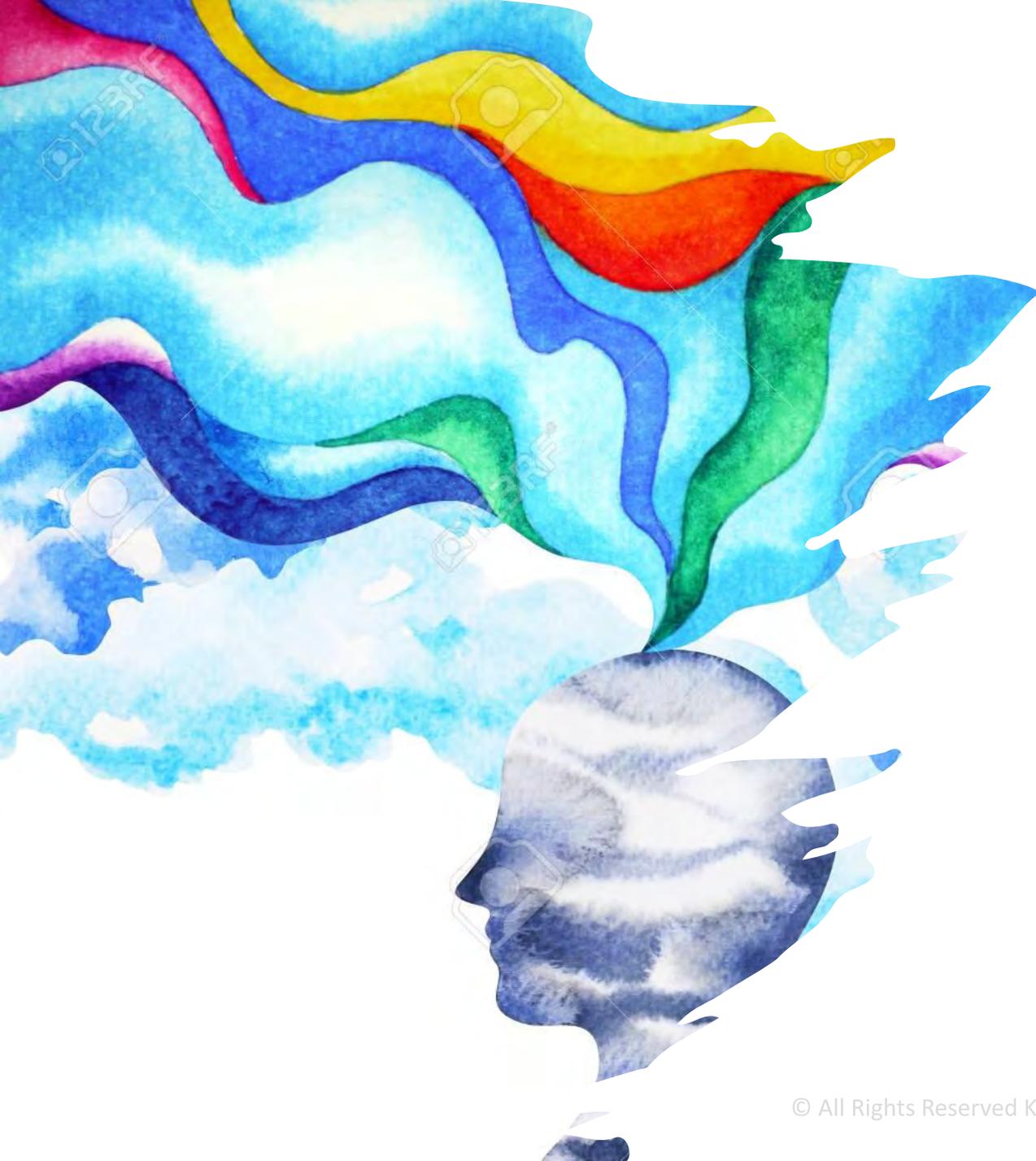
THE HEALTHY ME... (outgoing, sexy, confident...)

- IS...
- WEARS CLOTHES THAT ARE...
- WHEN I AM AT A PARTY, THE HEALTHY ME...
- WHEN I AM ALONE, THE HEALTHY ME...
- LIKES...
- DESERVES...



- What labels did you choose for yourself?
- What do you notice as you consider both of your identities?
- Were there any *differences* or *similarities* between your higher-weight and preferred-weight self?
- Are your expectations for your preferred-weight self realistic?
Scary?
Exciting?





- What things were you expecting weight loss to change for you, but now realize may stay the same?
- What could you start doing now to make these changes happen?

Too often we put our lives on hold waiting to be a
“perfect weight” ...if I weighed X, I’d be ...

Don’t wait to be
“that weight” to live the life you want.
Start now!

The more you act like your imagined healthy self, the more likely you are to get and stay healthy. The more focused you are on being the person you want to be, the less you’ll be focusing on food.



Something to think about

- How do you label yourself?
- How do these labels limit you?
- What do you deserve regardless of the size or shape of your body?



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 and rolling hills are visible under a bright, overcast sky with scattered white clouds. The overall scene is vibrant and natural.

Questions?