

# Medical Weight Management

## Full/Modified Meal Replacement Program

We'll begin promptly.

What you'll need  
for class today...

Something to write with and some paper



## Session #3: **A New Approach**



# Mindful Minute

## Quote of the Week

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For every positive change you make in your life, something else also changes for the better; it creates a chain reaction.

*-Leon Brown*



CONGRATULATIONS



Let's  
hear  
how the  
week  
went!

- ✓ How did you feel on the meal replacements?
- ✓ Is there something you learned about yourself this week?
- ✓ What did you learn about yourself from this past week that would be helpful to keep in mind for the weeks to come?

Let's take the next few minutes to discuss what specific questions people have for the group/instructor.



What timing struggles would you like to troubleshoot?



How do you make the meal replacements taste better?



What did you do if you miss a meal replacement?



How did you deal with family or friends who pressured you to eat?

Next week we will  
learn more about  
coping strategies.  
In the meantime,  
here is something to  
help you manage  
strong urges to eat...

# The 3 Ds

Delay

Distract

Decide

# Delay

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Set a timer for 15 to 30 minutes.

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This is the time it takes for an urge to reduce in intensity so you can make decisions that are in your best interest and not out of habit / emotion.

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The prefrontal cortex is the part of your brain that deals with decision making and thinking.

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When you are experiencing strong urges, your brain prioritizes energy towards your limbic system, which is the emotion center of the brain, and our thinking center goes “offline”.

# Distract

- Make a list of 10 or more things that you could do to distract yourself.

It is important to write out the list so that when urges are strong, and the prefrontal cortex is “offline”, you do not need to think of ideas, which increases the likelihood of following through.

- The activity needs to be engaging enough to hold your attention, but not be emotionally triggering.
- Avoid things that you used to do while eating (e.g. watching tv).
- Examples: gardening, walking the dog, doing a mindfulness activity, calling a close friend, going for a drive...

# Decide

When the timer goes off, you get to decide what to do next.

- Maybe that means the urge dissipated, and you can go about your day...
- Maybe that means that you were feeling true hunger (as opposed to psychological hunger) and need to have a meal replacement supplement...
- Maybe that means the urge is still strong and you need to try another distraction technique...

Something to think  
about...

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What will you do differently  
this upcoming week based  
on what you learned during  
your first week on the meal  
replacement supplement?



A wide-angle photograph of a lush green field filled with tall grasses and numerous small yellow wildflowers. The field extends to a distant horizon line where a few trees and rolling hills are visible. The sky is bright blue with scattered white clouds. The word "Questions?" is overlaid in the center of the image in a white, sans-serif font.

Questions?

# 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.