

Medical Weight Management Full/Modified Meal Replacement Program

Welcome

We will begin promptly.

What you'll need for class today...

Something to record questions and take notes.



Session 4: **Coping Strategies**



Mindful Minute



- Successes/wins?
- Challenges/struggles?
- Questions?

Quotes for the Week

“We have two strategies for coping; the way of avoidance or the way of attention.”

Marilyn Ferguson

“Life is not the way it is supposed to be... it’s the way it is.... the way we cope with it, is what makes the difference.”

Anonymous



What is Coping?

Coping is how we face and deal with responsibilities, problems, or difficulties that occur in our lives.

Whether we use a helpful or harmful means to cope, our intention is always to try to take care of ourselves.



Eating as a Means of Coping

- As food and eating can become a way to manage stressful emotions, deal with boredom, and fulfill needs, we are no longer exclusively eating when we are hungry.

How do you use food that is not based in hunger?

- Using eating as a way to fix or cover up what we are really feeling means that we aren't truly taking care of our needs or the real problem we are experiencing.





Why learn new coping strategies?

- When we are in the habit of using food for reasons other than hunger, overeating becomes the primary coping skill we use to deal with uncomfortable situations in the future.
- Over time your brain has learned that eating can make it easier for you to deal with stress, boredom, sadness, and more. So now, when you are stressed, your brain automatically sends a strong signal to eat and responds with happy feelings when you do.
- Being on meal replacements takes away food as a coping mechanism which can create stress.
- We need to train your brain to find other ways to handle these situations in a way that moves you toward your goal. It's not easy since your brain likes to hold on to those old habits.

Create your own toolbox

Just like you use different tools for different jobs,
you need different coping strategies for
different situations.



The different categories can be used
to create your toolbox:

Distraction

Grounding

Thought
Challenge

Emotional
Release

Self Love

Accessing
Higher Self

Distraction

- Anything that occupies your attention to get your mind off the current moment.
Think about the 3 Ds we discussed last week.
- Pros – Gives your mind a break, great for short term relief, great to get through a crisis.
- Cons – can't do for too long, doesn't resolve underlying issues, unhealthy behaviors such as eating can also be distraction
- Examples?



Grounding

- Mindfulness based activities. Using body and senses to focus on the current moment instead of stressful thoughts or feelings.
- Pros – helps slow or stop intense feelings or desire to escape.
- Cons – sometimes it is uncomfortable to be in the present moment.
- Examples?



Thought Challenge

- When you replace or challenge unhelpful thoughts.
- Pros – Can help shift long term, negative thinking patterns; helps put logic to emotions
- Cons – The stronger the emotions, the harder this is to do. You may need to do some distraction or grounding first.
- Examples?



Emotional Release

- Letting your emotions out or expressing your emotions.
- Pros – Great, so you are not bottling up emotions to potentially unleash later.
- Cons – Hard to do in every situation based on environment. May need to do distraction or grounding until an appropriate time.
- Examples?



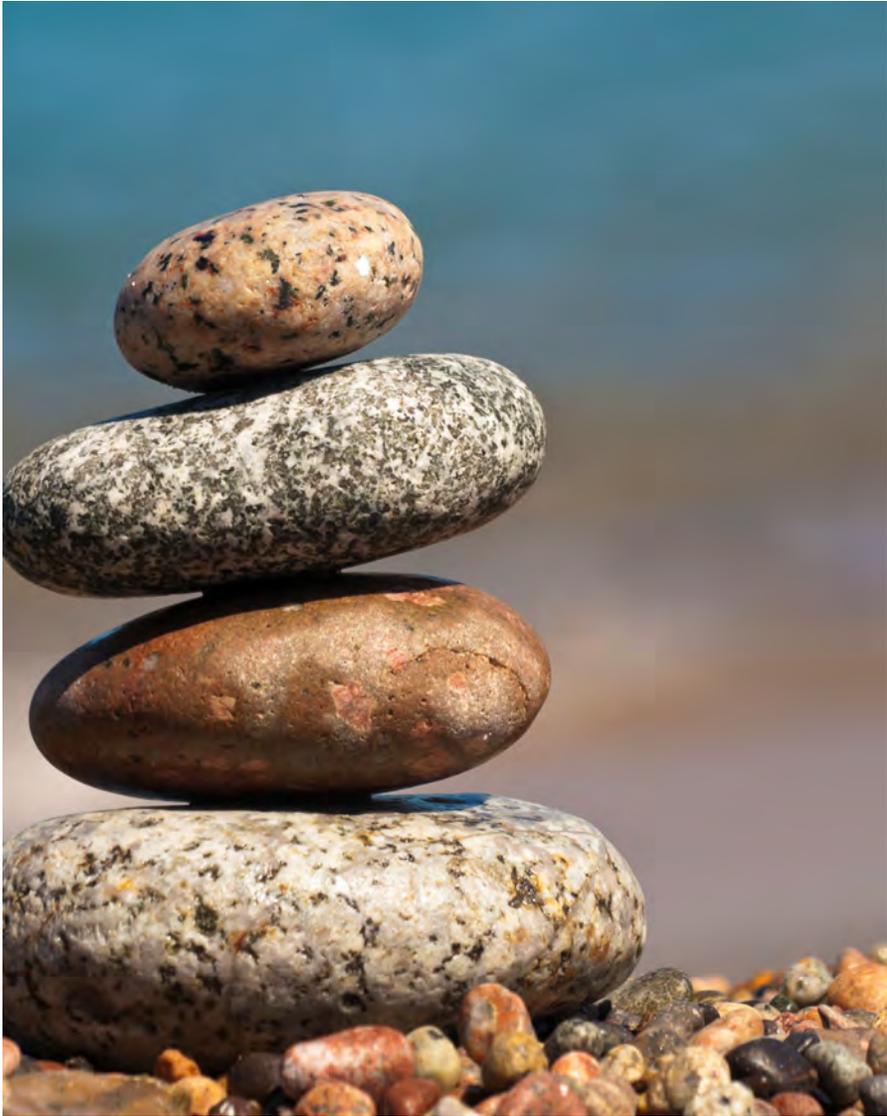
Self Love

- Showing yourself care and love like you would another person.
- Pros – Become your own support and not using food to treat yourself.
- Cons – Sometimes this can feel really hard to do and may require some practice.
- Examples?



Accessing Higher Self

- Doing things that get you out of your own problems and thinking about things that are bigger than you.
- Pros – Remind yourself that everyone struggles and that you can find purpose or meaning in other ways in your life even in difficult times.
- Cons – You don't want to focus too much on others' problems and avoid focusing on ourselves!
- Examples?

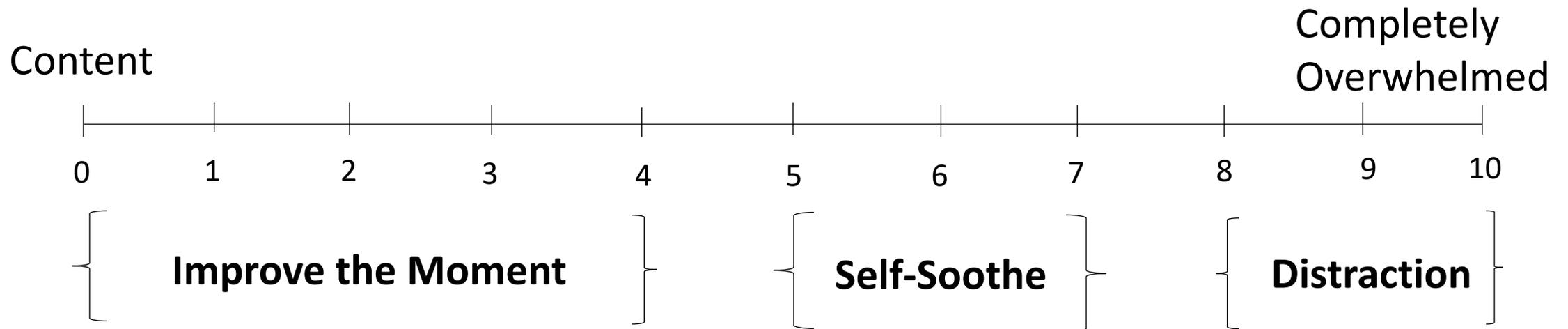


Which Coping Tools Do I Choose?

- Different tools are more effective at certain times than others
- Learning when to choose certain tools is essential for an efficient use of our time, energy, and effort and to decrease additional anxiety, frustration, overwhelm, etc.

Scale of Emotional Intensity

When choosing a tool, ask yourself this question:
“How strong are my feelings right now?”





Remember

- Keep using your tools until you experience some release and would rate your feelings in the *Improve the Moment* category
- Avoid overusing any one tool- anything done too often can eventually create new issues.





Something to
think about...

What will help me use my
coping skills toolbox this
week?



Calm is one of the top apps for meditation and sleep. And helps you build resilience and mental fitness by using:

- guided meditations,
- self-care programs taught by world-renowned experts,
- bedtime stories narrated by celebrity guests,
- mindful movement videos, and more.
- You can access Calm for a fee through purchase at app store on your electronic device.
- KP Members can receive the Calm app at no cost during the pandemic. To get started, visit kp.org/selfcareapps

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 under a bright blue sky with scattered white clouds. A few trees are visible on the horizon. The overall scene is vibrant and natural.

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.