Welcome to Maintenance!

Today’s Topic:
Are You IN Or Out Of Your Mind? Learning Tools For Resilience

While you are waiting, please go and grab a piece of fruit, nut, cracker, raisin, etc.

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

1 Minute of Mindfulness

Check-In

• How are you?
• Did you go grocery shopping this week? How did it go?
• If you went off your plan this week, then what can you learn from that experience?
Today's Agenda

- Discuss stress, stress eating behaviors, and strategies for stress resilience.
- Review the hunger and fullness scale and restrict-binge cycle to practice self-care.
- Explore sleep and its importance in maintaining emotional wellness.
- Examine triggers for hunger and share tips to manage those triggers.
- Consider ways to practice self-care such as practicing mindfulness and mindful eating.

Simple Steps to Building a Balanced Plate

<table>
<thead>
<tr>
<th>Starch</th>
<th>Lean Protein</th>
<th>Non-Starchy Vegetables</th>
<th>Water</th>
<th>Fruit</th>
<th>Healthy Fat</th>
<th>Probiotic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spanish Brown Rice</td>
<td>Grilled Chicken</td>
<td>Nopales With Onions And Tomatoes</td>
<td>Water With Lemon And Cucumber</td>
<td>Banana</td>
<td>Olive Oil</td>
<td>Sauerkraut</td>
</tr>
</tbody>
</table>

- Lean Protein: Grilled Chicken
- Starch: Spanish Brown Rice
- Non-Starchy Vegetables: Nopales With Onions And Tomatoes
- Water: Water With Lemon And Cucumber
- Fruit: Banana
- Healthy Fat: Olive Oil
- Probiotic: Sauerkraut
What's Your Plan?

Meal Plan
• Start with just one day
• Mix things up
• Reuse menus and leftovers

Shop Wisely
• Stick to your list
• Frozen fruits and vegetables
• Prechopped/prewashed vegetables

Meal Prep
• Batch cook
• One-dish meals
• Freeze extras

Eat Mindfully
• Where am I hungry?
• Balanced Plate
• Remember 80/20 rule

What is Wellness?
What is stress?

• Stress is a physical and/or emotional response to the perceived threat.
• Stress is when you feel overwhelmed or out of control.
• Stress can impact your choices about food and self-care.

Systemic Effects of Acute Stress and Chronic Stress

Respiratory:
- Increased, Rapid Breathing
- Hyperventilation
- Panic Attacks

Cardiovascular:
- Increased, Rapid Heart Rate
- Blood Vessel Constriction
- Hypertension (↑blood pressure)
- Atherosclerosis (‘hardened arteries’)

Gastrointestinal (GI):
- Reduced Hunger Signals/ GI Activity
- Impaired Digestion, Absorption, Utilization, and Elimination

Musculoskeletal:
- Muscle Contraction
- Tension Headaches/Migraines

Nervous:
- ‘Fight or Flight’ Response
- Increased Mental Activity
- Mood Disorders
- Disordered Eating

Endocrine (Hormone):
- Hormone Cascade:
  - Epinephrine → Cortisol
  - Hyperglycemia (↑blood sugar)
  - Hyperinsulinemia (↑Insulin)

Eating As A Means Of Stress Relief

• You eat to relieve stress, because it works!

Nutrition Note: Finding other ways to manage stress without eating is important for long-term success.
Restrict-Binge Cycle

Behavior Chain

Breaking the Chain

Reflect On Your Coping Strategies

Are you **numbing** or **nourishing**?

- Trying to escape from the feeling and numb out.
  - Ex: Alcohol, overeating, excessive videogames or tv
  - Helps in the short-term, usually harmful in the long-term

- Caring for yourself, addressing the feeling, increasing resilience
  - Ex: journaling, healthy foods, exercise, creativity, talking it out
  - Helps in the short-term, healthy in the long-term

Stress Resilience Strategies

**FOOD FOR THOUGHT**: What small changes can I make so I experience stress less often? What are other ways to cultivate resilience? How do self-care strategies help with weight management?

Stress: Concern and Control

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Sleep and Weight

Lack of sleep:
- Affects hormone levels
  - ↑ Hunger
  - ↓ Energy
- Affects how fat is broken down
- Makes “rewarding” food harder to resist
- Suppresses the decision-making part of the brain

Nutrition Note: The recommended amount of sleep for an adult is 7-9 hours.

Sleep Hygiene

• Keep your routine consistent
• Budget 30 minutes to wind down
• Unplug from electronics
• Be physically active during the day
• Get sunlight exposure during the day

FOOD FOR THOUGHT: What are some other ways to cultivate a good sleep hygiene?
Types of Hunger

<table>
<thead>
<tr>
<th>Physical Hunger</th>
<th>Emotional Hunger</th>
</tr>
</thead>
<tbody>
<tr>
<td>How it starts</td>
<td>How it feels</td>
</tr>
<tr>
<td>Gradual</td>
<td>Enjoyment in</td>
</tr>
<tr>
<td></td>
<td>taste of food</td>
</tr>
<tr>
<td>What foods</td>
<td>Specific food</td>
</tr>
<tr>
<td>Any food</td>
<td>Enjoyment of</td>
</tr>
<tr>
<td></td>
<td>first bite only</td>
</tr>
<tr>
<td>How it feels</td>
<td>When satisfied</td>
</tr>
<tr>
<td></td>
<td>Stop eating</td>
</tr>
<tr>
<td></td>
<td>Keep eating</td>
</tr>
<tr>
<td>How it feels</td>
<td>How it feels</td>
</tr>
<tr>
<td></td>
<td>Satisfication</td>
</tr>
<tr>
<td></td>
<td>Guilt and shame</td>
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</tbody>
</table>

FOOD FOR THOUGHT: Where am I hungry? What do I really need? Are my physical and/or emotional needs met?

The 4 “D’s” for Managing Triggers

1) Delay
2) Distance
3) Distract
4) Determine

FOOD FOR THOUGHT: What are some coping strategies that works for me?

Journal: Mindful Q & A

Why? Why do I eat?

What? What will I eat?

When? When do I want to eat?

Where? Where does my energy go?

How Much? How much do I eat?

How? How do I eat?

Self-Care

Refills As Needed

- Sleep in
- New Water Bottle
- New Exercise App
- New Calm App
- New Journal

Duration For Life

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

Positive Choice Resources: Self-Care

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What if my meal plan doesn’t go as planned?

Remember the **80/20 rule**.

**It is okay** to indulge occasionally.

Practice **self-compassion**.

**FOOD FOR THOUGHT**: How do you support and encourage yourself?

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**Keys to Long-Term Weight Loss Success**

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

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**What change would you like to work on this week?**

- This week, I will _______ (Action Plan) _______.

**Nutrition Note**:

- Make your goals **Specific, Measurable, Action-oriented, Realistic and Time-limited**
Next Week...
Making A Plan That Works For You