

Solutions: Support for Emotional and Binge Eating

Welcome!

Virtual Classroom Reminders

Keep in mind that information shared verbally or through the written chat tool will be seen or heard by others. Please do not share personal information you don't want others to know.

If I become disconnected, please give me 15 minutes to reboot my router and rejoin the meeting. If this takes me longer than 15 minutes, we will resume class together next week.

When you enter the classroom, please remain muted unless you are talking. This will ensure a quality audio experience for everyone.

You can use the chat tool to type questions and I will answer throughout the presentation.

Please remember that everything discussed in class is confidential. Please maintain the privacy of your classmates. Recording of class sessions is strictly forbidden.

Virtual Classroom Reminders

When we are face to face, it's easy for me to provide you a great experience and customize our sessions together. When we are online, cameras and microphones allow me to provide that same high-quality experience, so we are a camera and microphones on group. Please plan to have them on for our sessions and let me know if there is reason this doesn't work for you.

For class each week, you will need...

1. The Solutions: Support for Emotional and Binge Eating Workbook
2. A writing utensil for note taking

If you don't have your workbook yet, please ask a Positive Choice receptionist for one at your next clinic visit.

Let me introduce myself!

Today's Agenda

Class Etiquette

Review Course Content

Introduction Lesson

Member Introductions
will be next week!

Course Content

Session 1: Introduction to Solutions	
Session 2: The Brain and Eating.....	
Session 3: The Different Parts of My Emotional Eating.....	
Session 4: Defense Mechanisms.....	
Session 5: Why Diets Don't Work.....	
Session 6: Moderation as Recovery.....	
Session 7: Shame and Self-Compassion.....	
Session 8: Body Image.....	
Session 9: Values.....	
Session 10: Lapse Management Planning.....	
Session 11: Managing Stress and Emotional Eating.....	
Session 12: Change: Moving Towards Recovery.....	

Course Content

Session 13: Introduction to Solutions and the Cycle of Emotional Eating.....	
Session 14: Defining My Emotional Eating.....	
Session 15: Dopamine and Serotonin.....	
Session 16: Body Awareness and Somatic Safety.....	
Session 17: Understanding Hunger and Emotional Eating.....	
Session 18: Cognitive Distortions.....	
Session 19: Self-Esteem and Self-Worth.....	
Session 20: Emotional Intelligence.....	
Session 21: Needs.....	
Session 22: Deciding to Change (Where Have I Come From?).....	
Session 23: Deciding to Change (Where Do I Want to Go?).....	
Session 24: Wellness and Resiliency Planning.....	

Quote of the Week

“If you focus on results, you will never change. If you focus on change, you will get results.”

-Jack Dixon

Goals of Solutions

- 1) To understand the causes, effects, and ramifications of the habit and lapse processes.
- 2) To understand the biological, genetic, emotional, psychological, social, cultural, and economic roots of my relationship with food and body.
- 3) To become more aware of the thoughts, feelings, and beliefs that support my relationship with food and body.
- 4) To understand and manage my cravings and compulsions.
- 5) To understand the power of choice, change, and wellness.
- 6) To develop a healthy lifestyle by choosing to empower myself and to be well.
- 7) To reinvent myself to live a positive, responsible, nourished life through positive change.

What is Emotional Eating?

- Emotional eating is eating in response to pleasant or unpleasant emotions. It has little to do with satisfying physical hunger and more to do with avoiding discomfort and inducing pleasure.
- The more we use eating to help us manage our emotions, our brains learn quickly to seek emotional safety with food.
- Emotional eating is an attempt to take care of ourselves! Although our intention is from love and to protect, the impact becomes harmful and damaging. When defining recovery, our work isn't about taking food or eating away, it's about adding new, more effective ways to take care of our physical and emotional needs.

Factors Supporting Emotional Eating

- Biology & genetics (predispositions, neurochemicals/hormones)
- Trauma, early childhood traumas
 - Family of origin attachment developments, substance use disorders, mood disorders, difficulty with affect tolerance (vulnerability seen as weakness)
- Co-occurring mood disorders (Depression, Anxiety, etc.) & social anxiety
- Significant history of dieting/eating restriction- 45% report bingeing before a diet/ 55% report a binge episode after dieting
- High rates of weight-related bullying
- Weight stigma & weight bias experiences
- Societal norms and expectations regarding food and body

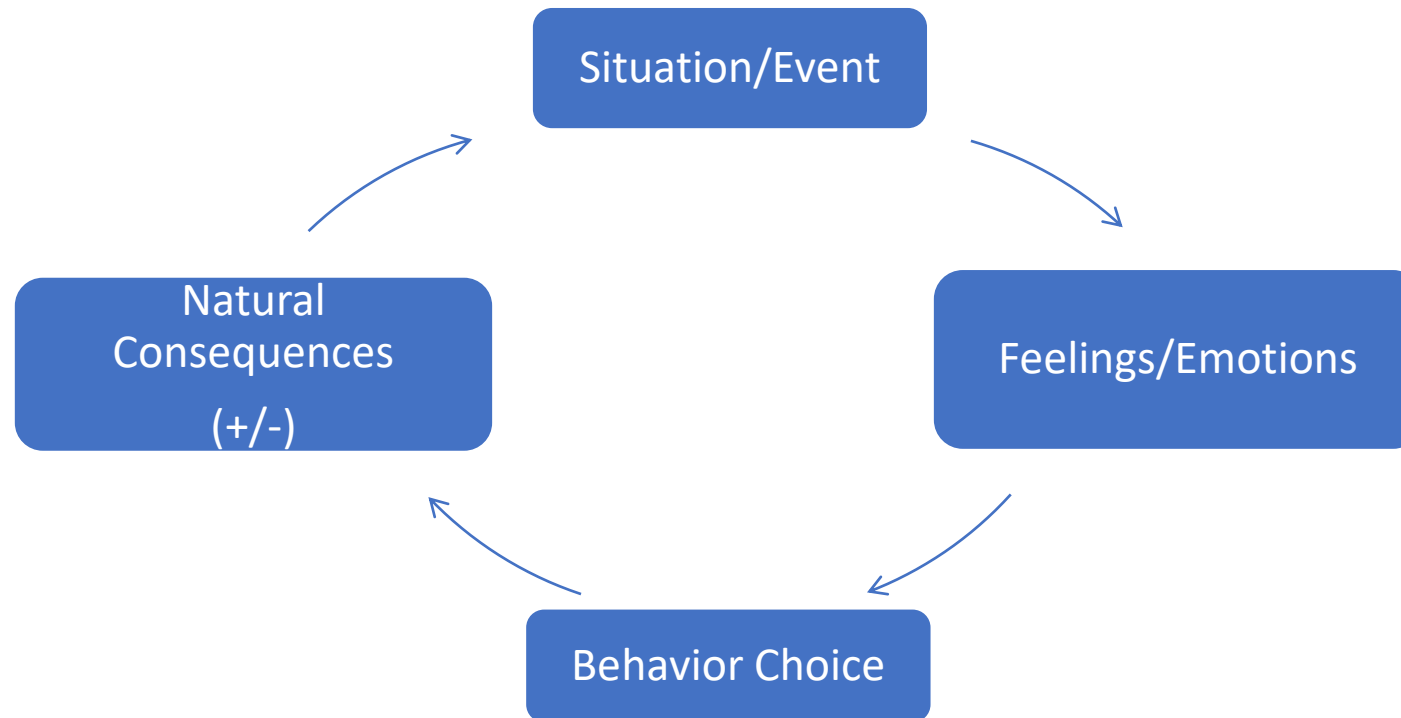
Research consistently shows that a disordered relationship with food has less to do with nutrition and exercise and rather is a response to deprivation, fear and shame, oppression, weight stigma, and thin ideal.

What does your negative habit cycle look like?

Habits are a circular pattern of events, emotions, behaviors, and consequences that we create, repeat, and sometimes eventually begin to feel stuck in if they become compulsive.

- 1) What are common situations/events that can be triggering for you throughout your day?
- 2) What are typical feelings and emotions that come along with these triggers for you?
- 3) What are common behaviors you do when you feel these feelings?
- 4) What are the natural consequences of these behaviors?

Negative Habit Cycle- circular pattern of triggers, feelings, behaviors, and consequences



Neurobiology of Habits

Each time we go through this cycle, the process is strengthened, making it easier to go through again in the future.

- Neural pathways are formed- can be strengthened by repetition of the habit or weakened by not engaging in the habit.
- The longer I engage in the habit, the harder it will be to change.

Neurochemicals, including dopamine and serotonin, are important driving forces in this habit cycle (we will cover this in sessions 2 and 15).

- Habits are not purely physical or psychological...they're BOTH!

How and where do we initiate change?

What we can't control:

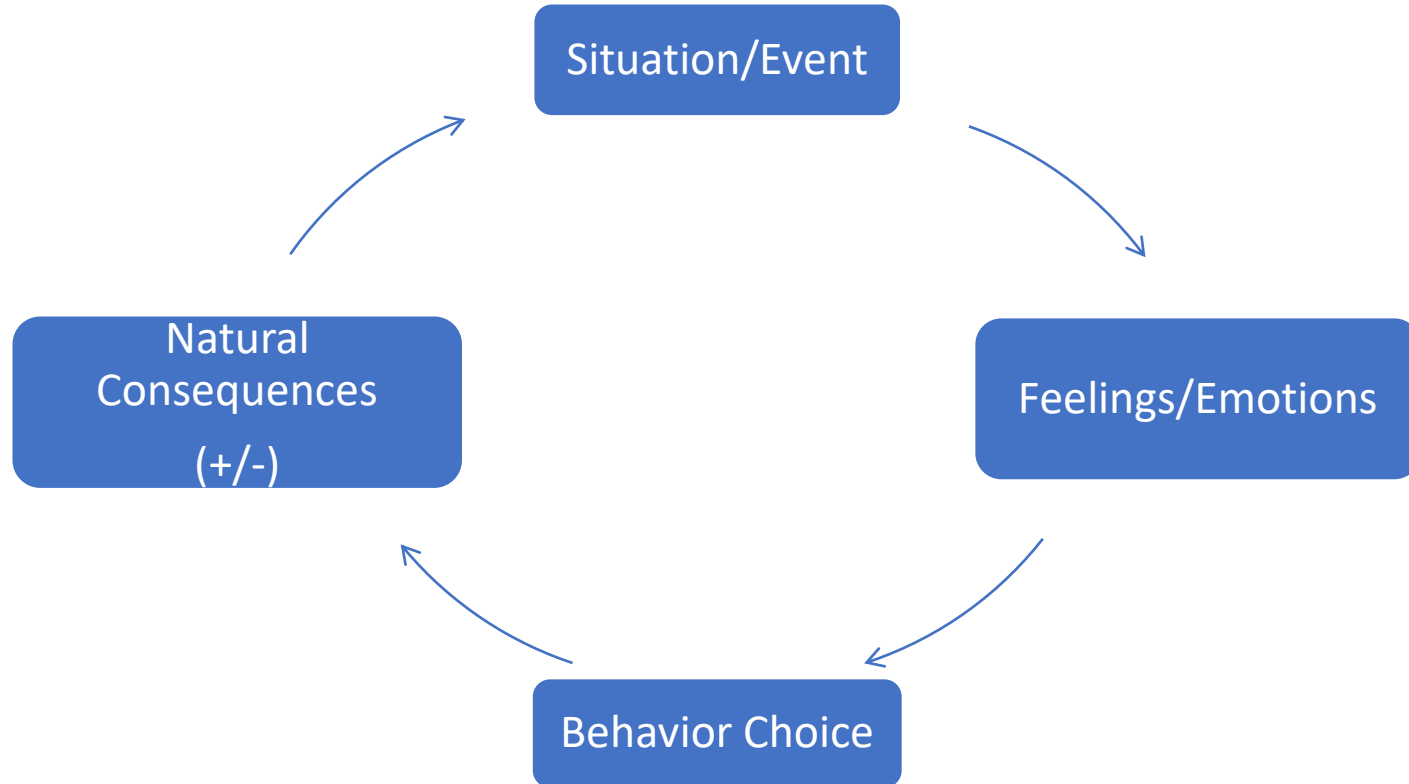
- Triggers/events from happening
- Thoughts and feelings that come up for us initially about the trigger/event

What we can control:

- How we respond to those thoughts and feelings! We can learn new ways of tolerating what we feel in a way that takes better care of ourselves.

We assert our efforts at the behavior stage of the habit cycle to create a new neural pathway!

New/Positive Habit Cycle- what are some different behaviors you could use in response to those same triggers and emotions?



The result...

By focusing on the area of the cycle that we have more influence (behaviors), we also influence change in the other areas:

- Intensity of the triggers and emotions decreases (even if just slightly)
- Natural consequences change from mostly negative to mostly positive, increasing distress tolerance and building resiliency.

The Five A's of Change

1. **Awareness** of who I am and how I live in the world; what I think, feel, and believe.
2. **Acknowledgement/appreciation** of who I truly am; my traits, talents, and characteristics, both positive and negative.
3. **Acceptance** of myself and others completely, non-judgmentally, and sympathetically.
4. **Attitude:** learning strategies to change my attitude from negative to positive.
5. **Actions:** learning to make lasting changes in my life because my attitude supports the changes.

Group Questions

What areas of change do you currently manage well?

What areas of change are more challenging for you currently?

How do you see these challenges influencing your behaviors with food/eating?

Health and wellness are not the same thing...

Health in our culture is often defined negatively as the absence of physical or mental disease. For our purposes, the state of wellness is defined in positive terms as the healthy functioning of the physical, intellectual, emotional, professional, social, and spiritual aspects of life.

- Read list at the bottom of page 1 and assess how your eating behaviors impact each aspect of your wellness.

What thoughts and feelings come up for you when you see how much your compulsive eating effects your wellness?

Homework

- Read the Solutions Food Planner and develop a personal plan that you can achieve.
- Start a daily journal to record thoughts, feelings, and beliefs. Be honest and do not deceive myself. Self-deception only interferes with my wellness.
- Start or continue a regular movement program and log my daily progress in my journal.
- Start or continue a meditation, relaxation, or breathing activity and log my daily progress.
- Get a minimum of seven hours of quality sleep nightly and log the time I go to sleep and the time I wake up in my journal.

Any last thoughts or questions?

