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**Environmental Messages**

# Renew

A Weight Loss Rx Lifestyle Class

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**Environmental Messages**

**MODULE 2:**  
Building Lasting Change

*Welcome to class!*

Reflection Questions:

- What type of messaging have you received about your body?
- How do you incorporate these messages in determining your self worth?

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## The SELF Principle

 <p><b>Sleep is health</b></p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p>	 <p><b>Exercise is health</b></p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	 <p><b>Love is health</b></p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	 <p><b>Food is health</b></p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p>
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## Environmental Messages

The way we think about ourselves, the world, and what is happening around us is a result of different messages and experiences we received while growing up.

Direct	Indirect
Spoken to us	Unspoken; modeled through behaviors or expressions that we interpreted meaning from

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## Environmental Messages

can come from a variety of sources

What sources influenced your beliefs about body/food?



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## Weight Bias

negative attitudes, beliefs, judgments, stereotypes, and discriminatory acts based on a person's weight/body size.

**Weight bias can sound like:**

“ Losing weight is desirable for everyone.  
One should feel shame for a bigger body.  
Thinner people are more disciplined and healthier.  
Losing weight results in being more attractive, powerful, valuable, and seen. ”

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## Impact of Weight Bias

Women who internalize their experienced weight bias:

- Binge eating
- Disordered eating
- Weight gain

- Pursuit of healthcare
- Body satisfaction
- Physical activity

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## Impact of Weight Bias

- Key Takeaways:
  - Shame about the body doesn't work. We don't take good care of things we have shame about.
  - Anti-fat messages do not promote health, but rather prevent health.

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## Messages to Beliefs

Direct/Indirect Messages

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Interpreted Message

→

Belief

Punished for "B" grade.  
Called "an embarrassment".

I need to be perfect to be loved;  
I'm responsible for others' emotions.

Love is earned;  
I'm not worthy of unconditional love.

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Messages to Beliefs

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What are some messages you received about your body or your weight growing up?

Are those messages that you still repeat to yourself or have adopted as your beliefs about yourself?

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Messages to Beliefs

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What are some messages you received about the role of food growing up?

Are those messages that you still repeat to yourself or have adopted as your beliefs about yourself?

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Have any of these beliefs changed since starting the injectable medications?

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## Messages to Beliefs

- We can create our own rules and messages that we would like to live our life by.
- Just as repetition of negative messages became negative beliefs, repetition of positive thoughts and messages can become positive beliefs!

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## Preparing for Relationship Changes

How can you prepare yourself and others for possible changes after weight loss?

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## External Reactions to Weight Loss

<p><b>Loved ones may...</b></p> <p><b>1</b> Try to sabotage your attempts to change</p> <p><b>2</b> Become less supportive</p> <p><b>3</b> Say you lost too much weight</p>	<p><b>People may...</b></p> <p><b>4</b> Start to greet you and make eye contact</p> <p><b>5</b> Flirt or make sexual advances</p> <p><b>6</b> Ask intrusive questions</p>	<p><b>Your spouse or partner may...</b></p> <p><b>7</b> Need to carefully plan celebrations</p> <p><b>8</b> Become clingy and fear you may leave</p>
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Have you experienced any of these? What has been your response?

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**Let's Practice!**

*PREPARED RESPONSES*

**How might you respond if someone said this?**

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*You look amazing. How did you lose all the weight?*

*Write down your prepared response so you have it ready!*

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**Let's Practice!**

*PREPARED RESPONSES*

**How might you respond if someone said this?**

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*Those medications are the easy way out.*

*Write down your prepared response so you have it ready!*

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**Let's Practice!**

*PREPARED RESPONSES*

**How might you respond if someone said this?**

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*Why didn't you just try dieting and exercise?*

*Write down your prepared response so you have it ready!*

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**Let's Practice!**

PREPARED RESPONSES

How might you respond if someone said this?

So, you'll lose weight without having to do anything?

Write down your prepared response so you have it ready!

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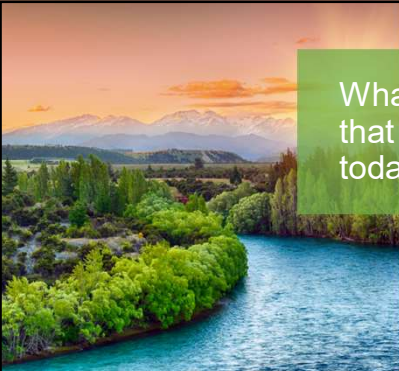
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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

Add this to your journal.

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*Resources*



Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

[positivechoice.org/renew](https://positivechoice.org/renew)

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