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New Coping Strategies

Renew

A Weight Loss Rx Lifestyle Class

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New Coping Strategies

MODULE 3:
Mastering Your Health

Welcome to class!

Reflection Questions:

- What are your go-to coping mechanisms?
- Have they changed since starting the medication?

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The SELF Principle

 <p>Sleep is health</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>Exercise is health</p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	 <p>Love is health</p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	 <p>Food is health</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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What is coping?



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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.

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

Trying to escape from the feeling and numb out


Ex: alcohol, overeating, excessive tv, social media, "doomscrolling", constantly busy

Can help in the short-term, usually harmful in the long-term

Caring for yourself and increasing resilience

Ex: journaling, gardening, exercise, creativity, talking it out, relaxation practices

Helps in the short-term, healthy in the long-term




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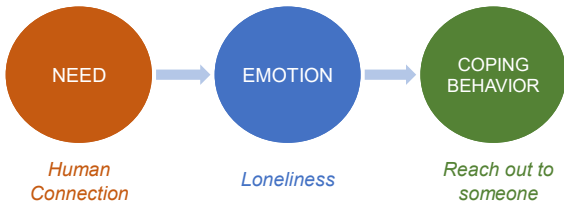
What are some ways you cope with discomfort?



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When we focus on changing the behavior only, we might experience temporary change, but not permanent change.




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graph LR
    A((NEED  
Human Connection)) --> B((EMOTION  
Loneliness))
    B --> C((COPING BEHAVIOR  
Reach out to someone))
  
```

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Using Food to meet Emotional Needs

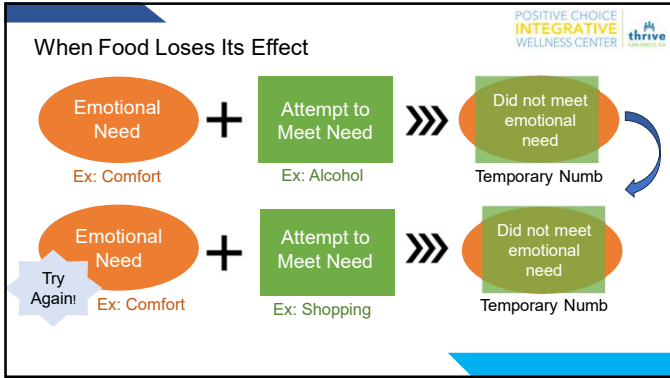


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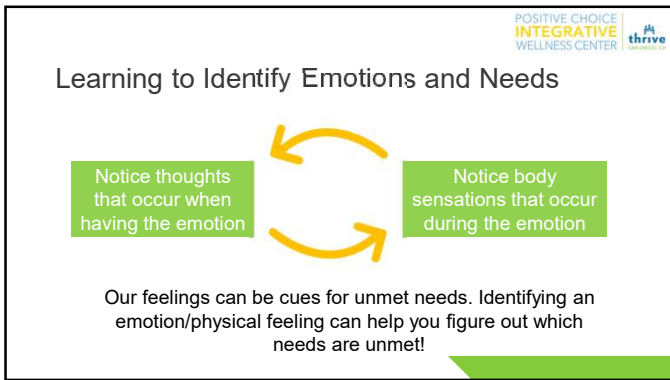
graph LR
    subgraph Cycle1
    A1((Emotional Need  
Ex: Comfort)) -- "+" --> B1[Attempt to Meet Need  
Ex: Eating]
    B1 --> C1[Did not meet emotional need  
Temporary Numb]
    C1 --> A1
    end
    subgraph Cycle2
    A2((Emotional Need  
Ex: Comfort)) -- "+" --> B2[Attempt to Meet Need  
Ex: Eating]
    B2 --> C2[Did not meet emotional need  
Temporary Numb]
    C2 --> A2
    end
  
```

Repeating this pattern is how compulsive behaviors develop

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Familiar Emotions

What is it like for you to experience these emotions?

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Emotional Regulation

The ability to recognize, manage, and express emotions in an effective way.

Name the emotion Validate the emotion Talk it out Identify triggers
 Meditation or Mindfulness Getting enough Sleep Journaling Professional Therapy

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Urge Surfing

The craving or urge reaches its peak

Craving increases or becomes stronger

A craving or urge is triggered

The craving or urge lessens and fades away

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How can we repack our toolbox?

Numbing vs **Nourishing**

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Possible tools to surf the urge



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Distraction

Anything that occupies your attention to get your mind off the current moment

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Grounding

Using body and senses to focus on the current moment instead of stressful thoughts or feelings




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Thought Reframing


When you replace or challenge unhelpful thoughts



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Emotional Release



- Letting your emotions out or expressing your emotions
- Examples
 - Exercise
 - Journaling
 - Talking to a trusted person
 - Therapy

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Self Compassion

Showing yourself care and love like you would another person



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Accessing Higher Self

Doing things that get you out of your own problems and thinking about things that are bigger than you

Examples might include

1. Volunteering
2. Gratitude
3. Meditation
4. Affirmations



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Which coping tools do I choose?

- Different tools may be more effective at certain times than others
- Learning which tools work best for you is essential
- Allow grace for a learning curve

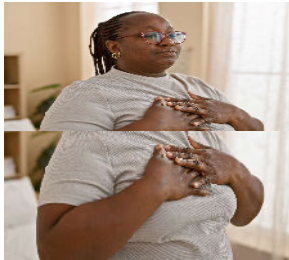


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Remember...

- Keep using your tools until you experience some release
- Practice makes better. You will get more relief from new coping mechanisms over time.
- When one doesn't work, try another.



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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

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Optional Meal Plan

Getting Started with Strength Training

KP Health Resources **Calm**

positivechoice.org/renew

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