

New
Coping
Strategies

Renew

A Weight Loss Rx Lifestyle Class

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



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

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.



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

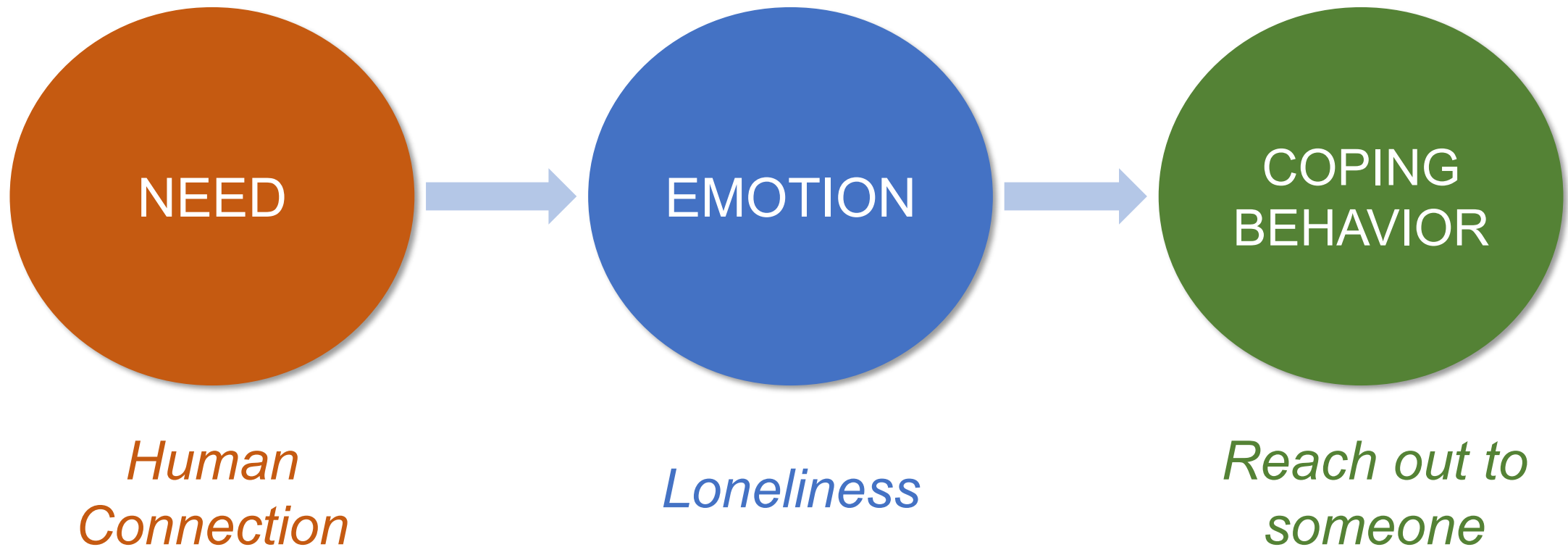
Ex: journaling, gardening, exercise, creativity, talking it out, relaxation practices

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

What are some ways you cope with discomfort?



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



Using Food to meet Emotional Needs

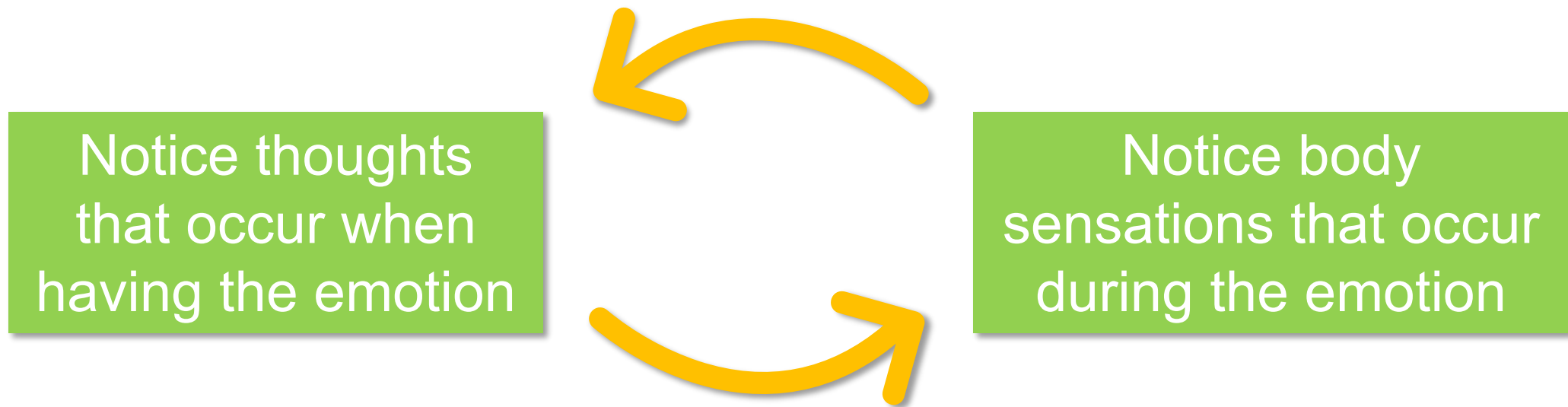


Repeating this pattern is how compulsive behaviors develop

When Food Loses Its Effect



Learning to Identify Emotions and Needs



Our feelings can be cues for unmet needs. Identifying an emotion/physical feeling can help you figure out which needs are unmet!

Familiar Emotions

What is it like for you to experience these emotions?



Fear



Sadness



Happiness



Shame



Guilt



Love



Content



Anger



Joy



Loneliness



Grateful



Boredom

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

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



How can we repack our toolbox?

Numbing



vs

Nourishing



Possible tools to surf the urge

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Distraction

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



Grounding



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

Thought Reframing

When you replace or
challenge unhelpful
thoughts



Emotional Release



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

Self Compassion

Showing yourself
care and love like
you would another
person



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



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



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.





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.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 75-115 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
MED 1,200-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 healthy fat 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 90-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4-6 oz protein supplement OR 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

