



Session 6



NUTRITION



REVIEW

NUTRITION

ACTION

PLAN

SESSION 6



REVIEW

ACTIVITY

ACTION PLAN



REVIEW

MIND-HEALTH

ACTION PLAN



Welcome to **SESSION** **TOPICS**

6



Define stress and how losing weight can be a source of stress

Understand how the body responds to stress and how it can adversely affect your weight

3-Step Stress Reduction Plan

Define stress eating and how to beat it!

Relaxation techniques and deep breathing exercises

Stress navigation plan for weight maintenance



Stress...

How do you define it?

Is it positive or
negative?

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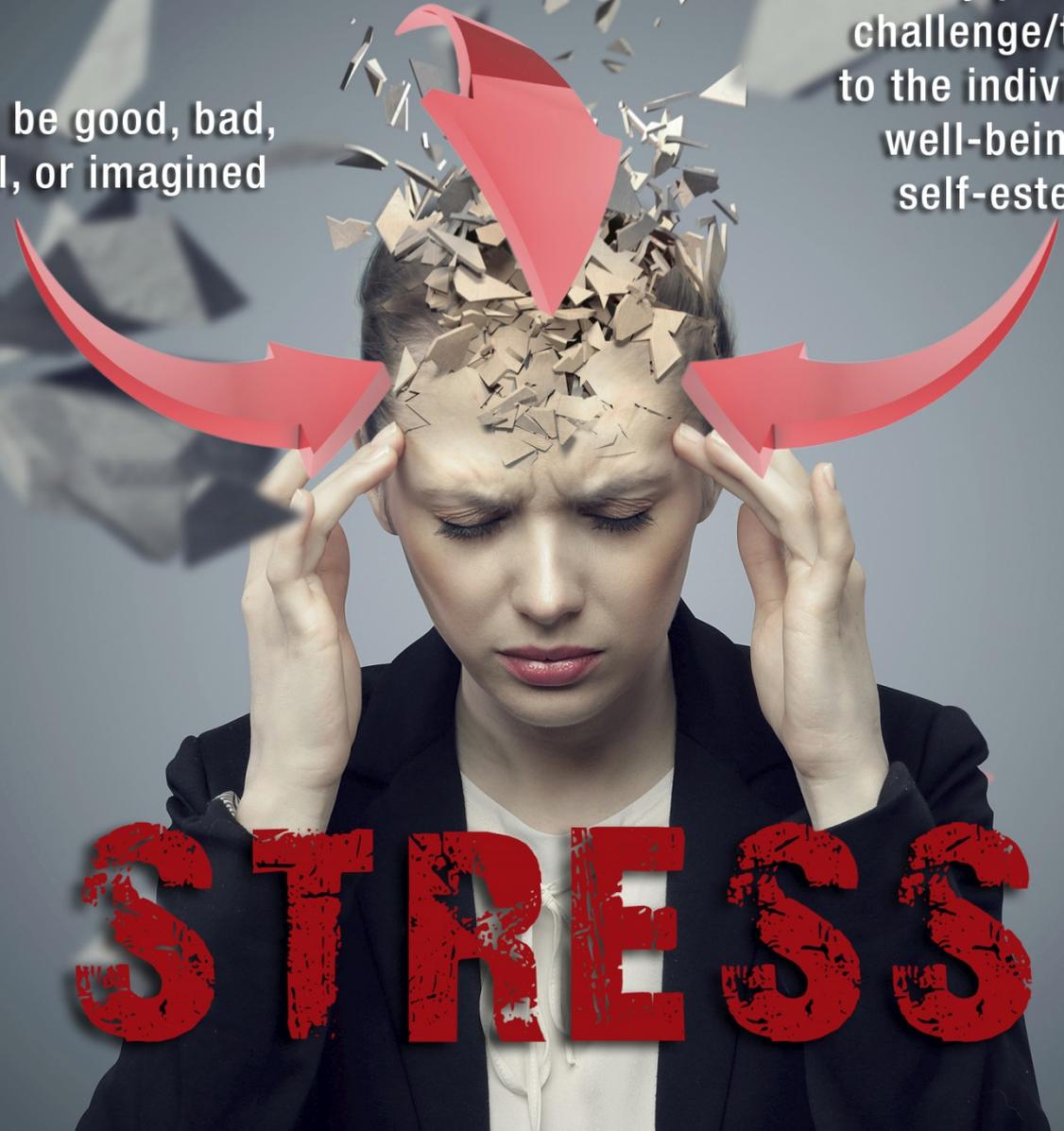




Unfamiliar or
creates conflict among
an individual's motives

May pose a
challenge/threat
to the individual's
well-being or
self-esteem

Can be good, bad,
real, or imagined



Defining Stress

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READY



REACTING



INJURED



ILL



Operational Stress Control Model

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Stress of Trying To Lose Weight

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- **Pressure to meet Army standards**
- **Personal perception about progress**
- **Other examples?**
- **How do you view the process of losing weight?
Stressful?
Empowering?
Both?**



1ST STAGE: ALARM: FIGHT OR FLIGHT

- Increase in heart rate, breathing, blood pressure
- Pupils dilate
- Muscles tense



2ND STAGE: RESISTANCE: BODY USES ITS RESOURCES TO ADAPT TO STRESS

- Fatigue, lack of sleep, insomnia, over-eating, and muscle tension may occur



3RD STAGE: EXHAUSTION: STRESS PERSISTS BEYOND BODY'S ABILITY TO ADAPT

- Depleted resources or capabilities
- Symptoms may become more severe and illness/injury or more likely



How Prolonged Stress Can Cause Weight Gain

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Feel Run Down; Start Losing Sleep



**STRESS HORMONES
RELEASED**

Lack The Energy to Eat Well and/or Exercise



**CORTISOL LEVELS
BEGIN TO ELEVATE**

Eat More to Feel Better, Procrastinate, and/or Due to Inability to Control Appetite



**EXCESS INSULIN RELEASED IN
RESPONSE TO EXTRA FOOD
INTAKE**

STIMULATES FAT STORAGE AND WEIGHT GAIN

3 Step Stress Reduction Plan

Stressors
in my
Life

1

LIST ALL OF
YOUR STRESSORS



2

IDENTIFY 1-2 STRESSORS THAT
ARE WITHIN YOUR CONTROL



3

COMMIT TO A DAILY
STRESS REDUCING ACTIVITY



Daily Stress Reduction Activities

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Get a Grip On

Stress

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- **Pay attention to the hidden signs of stress**
 - Are you anxious, irritable? Breathing quickly?
 - Are your muscles tight?
 - Has your appetite increased?
- **Breathe**
- **Recognize the stress for what it is**
- **Deal with it calmly and effectively**
- **If you have a food craving(s):**
 - Remind yourself that your body's hormones are tricking you and this will pass
 - Drink water, make a cup of hot tea, go for a walk, or chew on a piece of mint gum to help



Get a Grip On
Stress
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Eating as a response to anxiety, anger, frustration, etc. is a “learned” behavior



Stress Eating Can Dampen Weight Loss Efforts

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Certain foods or the act of chewing can be a source of comfort

Feelings of deprivation and restraint can also increase the desire to eat

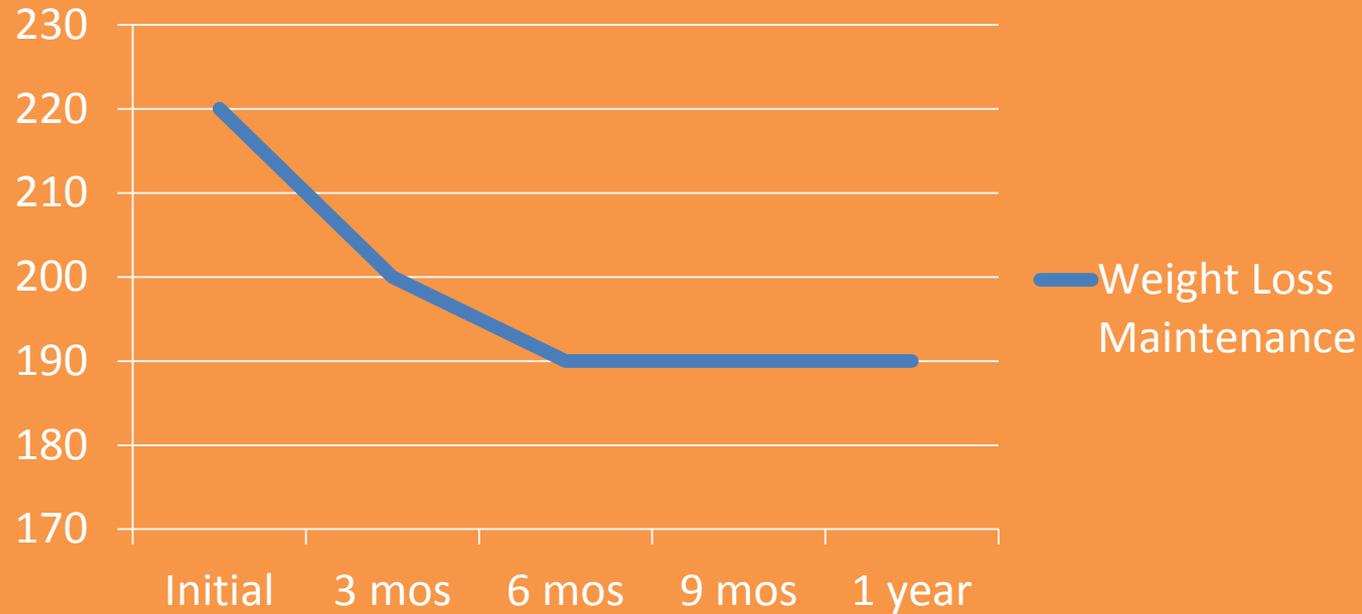


Stress Eating

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Weight Loss Maintenance



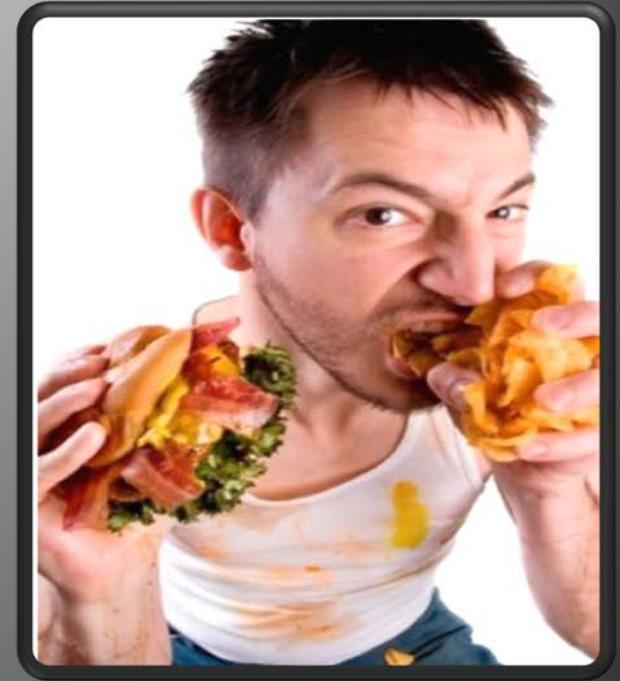
Research from the National Weight Control Registry Indicates:

- Success with managing emotions = more success with weight loss maintenance
- Depression can be a factor in weight regain



Stress Eating

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- Can you think of situations where you have used “comfort foods” to cope with stress?
- What were the results – with regards to how you felt afterwards?
- Were the results temporary or long-term?



Stress Eating

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What's Your Game Plan to Manage Stress Eating?



Strategies to
Manage Stress
Eating

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Stress Eating Game Plan

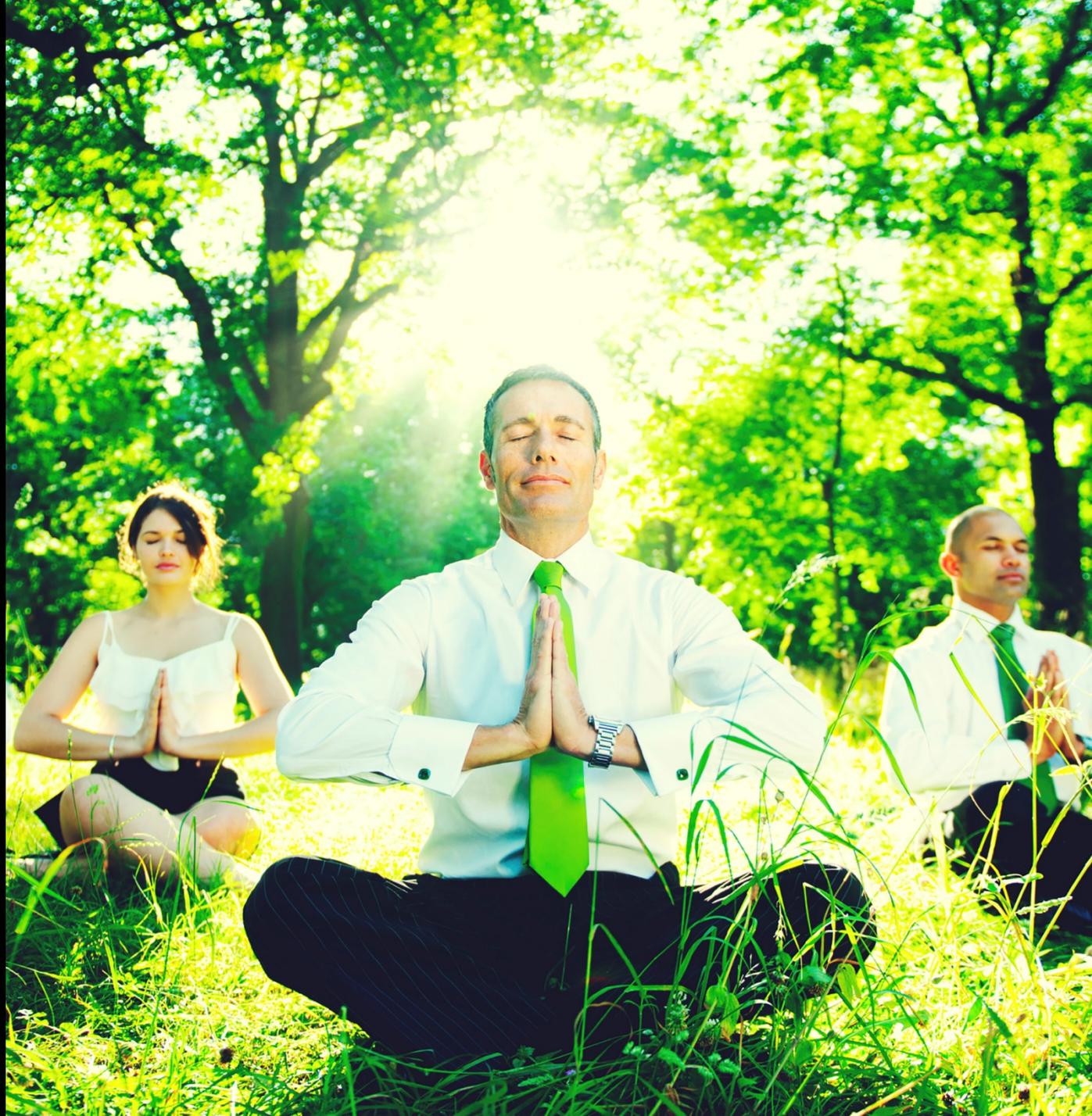
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1. Set up a healthy home environment
2. Identify the trigger
 - Am I physically hungry?
 - Why do I want _____?
 - Seek help from mental health professional
3. Find satisfying non-food alternatives
4. Prevent deprivation/binge cycle by allowing favorite indulgence(s) in smaller portions
5. Celebrate success *without* food



Take a Break

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 Technique	Explanation
Deep Breathing	Deep breathing triggers your body to slow down internally and often times the mind follows. If you choose to do a breath count, your mind can focus on the counts, keeping it from slipping back into mind chatter.
Deep Relaxation	Deep relaxation techniques allows your body the rest and repair time that it needs, by calming the body mentally and physically.
Guided Imagery	Guided Imagery is a great choice if your mind is very busy. It is an opportunity to gently focus your mind on an image with all the details that you enjoy and brings a sense of comfort and peace to you.
Massage	Massage relieves muscle tension throughout the body.
Meditation and Mindfulness	Meditation and Mindfulness give your mind a chance to focus on the sensations of what is going on in and around them in the moment.
Progressive Muscle Relaxation (PMR)	PMR is a sequenced series of tensing and releasing muscles throughout your entire body to bring you to a state of relaxation by allowing bound energy to be released. It is often combined with breathing techniques.
Yoga	Yoga comes in many forms and is a mind body technique that balances the mind and relieves the body of muscle tension.



Benefits of Deep Breathing

- Sends a message to your body and brain to *calm down* and *slow down*
- Can be done almost anywhere



Benefits of Deep
Breathing

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- Diaphragmatic Breathing Handout
- Relaxation Audio-Recordings at <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/breathing.html>
 - Breathing Relaxation Exercise (#4, 6, or 8)
 - Deep Breathing Exercise (#5)
 - Quick Fix Breathing Exercise (#10)
- On-The-Go Phone Apps:



Deep Breathing Exercises

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Breathe2Relax



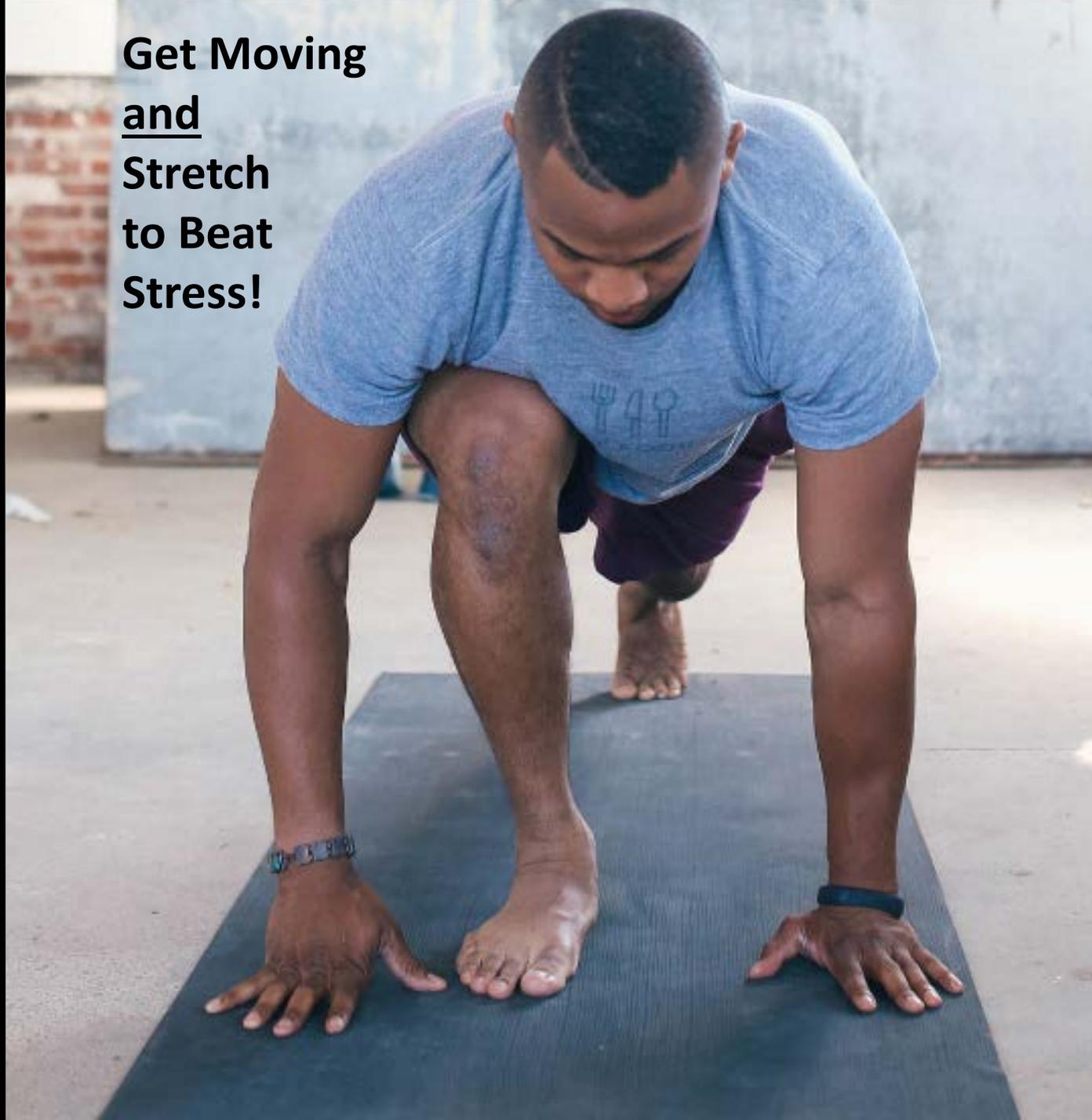
Mindfulness Coach



Stop, Breathe, Think



Get Moving and Stretch to Beat Stress!



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- Healthier alternative to stress eating or drinking
- Helps you relax, better manage cortisol levels (stress hormones), and sleep better
- Burns calories and helps you lose weight



Get Moving To
Beat Stress

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STRETCHING is one of the most
OVERLOOKED components of
physical fitness



Flexibility Training
Is Oftentimes
Ignored

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FLEXIBILITY

Know How

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- ✓ **Stretch *after* warm-up/activity**
 - Blood flow returns to all parts of the body
 - Improves flexibility and range of motion
- ✓ **Stretch to tightness **NOT** to pain**
- ✓ **Hold stretch for 10 – 30 seconds**
 - Inhale through your nose (3 seconds) and exhale through your nose (3 seconds) while holding stretch
- ✓ **Consider a class (internet, video, apps, studio): Yoga, Tai-Chi, or Pilates 2-3 times a week**
 - Full-body approach and mind/body connects
 - Takes joints through full Range of Motion



Plan ahead to manage stress

- Helps avoid reacting automatically or from emotion when stressed
- Helps you replace negative reactions with positive reactions



Stress Navigation
Plan For Weight
Loss Maintenance

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*FOCUS on what
you CAN CONTROL*

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Long-term weight loss success depends upon effective stress management

Commit and practice a daily stress reduction activity and plan ahead



Summary

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Better Stress Management Starts Here...



Summary

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NUTRITION ACTION PLAN

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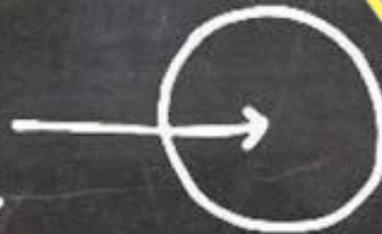
ACTIVITY ACTION PLAN



MIND HEALTH ACTION PLAN



Your
Comfort
Zone



Where the
magic happens