

Wellness - Tips for Success!

Home Interventions

Cognitive Behavioral Therapy - Seeking professional ongoing therapy helps people identify and address any negative thinking and emotions that can lead to unhealthy behaviors. Trained therapists (Clinical Psychologists, Marriage and Family Therapists, and Clinical Counselors) specialize in comprehensive treatment to incorporate body and mind to help clients reach their goals in therapy.

According to the survey of more than 1,300 licensed psychologists, conducted by the Consumer Reports National Research Center, understanding and managing the behaviors and emotions related to weight management is essential to weight loss.

** Local referrals for continued psychological care can be made by our behavioral health team based upon request.*

Problem Solving Strategies - Finding alternatives to setbacks, challenges, and obstacles by taking the time and energy to thoughtfully work through situations. This can be done using the skills of:

- **Motivational Strategies**- (interview yourself; what can empower you to get up and go or make change)
- **Behavioral Record Keeping** (documenting patterns and writing out moods and thoughts daily)
- Goal Setting (using the SMART method, constructing and reevaluating goals as needed)
- **Journaling** (keeping a book of motivations, blessings, thoughts, and progress that is insightful and intuitive)

Mindfulness Strategies - Using strategies that are helpful in allowing thoughts and cognitions to be processed without judgment, being aware of the moment.

- Breathing Exercises
- Progressive Relaxation & Guided Imagery

Emotional Eating - Tips for Success

1. **Trust your body, integrate your mind.** Listen to cues that come bodily and recognize whether or not they are wants or needs. Understand that your body is not working against you, and relax in the knowledge that you have obtained during your stay. If anxiety arises, use de-escalation techniques given to manage stress.
2. **Re-experience the joy of food.** We know that culturally and biologically, food is engrained and wired into our brains to create pleasure and fullness. Taking time to savor activates the nervous system and keeps our metabolic functions working. By using our senses to completely appreciate our meals, we promote natural weight loss by activating relaxation responses and the parasympathetic nervous system.
3. **Be kind and forgiving to yourself.** This concept sounds simplistic, yet it is one of the most difficult things that we will need to accomplish in order to fully embrace long-term, lifetime change. Stuff happens, and it's ok! Every mistake presents the opportunity for correction and learning. It is an evolution of our psyche which is in constant change. Our self talk if negative can trigger a "flight" or "fight" response for a perceived threat. Show yourself compassion, empathy, and kindness.
4. **Communicate to others what you need.** Build and retain a positive support system or network of others that are trusted and who can kindly keep you accountable. Talk to people who are nonjudgmental and who can provide encouragement and understanding in times of need to create a shared experience. We all need help occasionally, and it is ok to ask for it! Use "I statements" to facilitate these conversations.
5. **Replace poor habits with healthy ones.** Patterns become engrained in our minds, where we are literally electrically wired neurologically to fire internal responses with external cues. In order to process these stimuli differently, we need to actively train and exercise our brain to recreate those responses to fire the right way. This takes active thought and patience.
6. **Conquer fear.** Fear is the number one reason that we resist change. Fear of failure, judgment, embarrassment you name it. Everyone struggles with this, it's human nature. You've already taken the first steps toward lifestyle change which is the hardest part! Be mindful of past successes you have had and areas of strength where you excel. Incorporate these into your plan to change patterns of behavior. Staling is a tactic that will only work for so long until we are forced in some way to change, it may as well be sooner than later.

7. **Battle cognitive distortions.** Repetitive tapes oftentimes sneak into our subconscious thoughts. Make these negative statements conscious and battle them using the techniques discussed on your first day. When these are engrained in our minds, they tend to dictate our actions and hinder from health. Make sure to identify and replace them with positive affirmations daily.
8. **Stop comparing yourself to others.** This is a psychological block that impedes weight loss. Everyone is uniquely and wonderfully made. There are biological, physiological, and psychological components that we cannot see or understand that are innate in others. Therefore, everyone's journey will be different.
9. **Continue your self-education.** The process of learning is dynamic and requires us to continually reexamine our constructs, revising them as we go along. Taking time to immerse ourselves in the plethora of information can be a large step in self-actualization and continued lifestyle improvement.
10. **Don't strive for perfection.** Perfection is unattainable, and is too ambiguous of a concept and broad to even be defined. As long as we can honestly tell ourselves that we are doing the best that we can do and earnestly strive to put in our full effort, that is enough.

Suggested Resources

Reading Materials

You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life. Jeffrey M. Schwartz & Rebecca Gladding. (2012).

Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food. Susan Albers & Lilian Cheung. (2012).

Crave: Why You Binge Eat and How to Stop. Cynthia M. Bulik. (2009).

Weight, Sex, and Marriage: A Delicate Balance. Richard B. Stuart & Barbara Jacobson. (1994).

Overcoming Binge Eating. Christopher Fairburn. (1995).

Love to Eat Hate to Eat: The Bondage of Destructive Eating Habits. Elyse Fitzpatrick (2004).

The Stress Response: How Dialectical Behavior Therapy Can Free You From Needless Anxiety, Worry, Anger, and Other Symptoms of Stress. Christy Matta. (2012).

Stuffed: An Insider's Look at Who's (Really) Making America Fat and How the Food Industry Can Fix It. Hank Cardello. (2010).



Online Resources

Mayo Clinic (www.mayoclinic.com/health/weight-loss/MY00432)

WebMD (www.webmd.com/diet/default.htm)

Psychology Today (www.psychologytoday.com)

PsychCentral (www.psychcentral.com)