Take Charge of Your Weight

How do I set myself up for success?

This module will discuss how thoughts, feelings, and behavior work together to help or hinder your weight-loss progress. Each plays an integral role in how you perceive weight management. First, it is important to be aware of your thoughts and feelings about weight loss, particularly those that might be getting in your way. Rethinking unhelpful thoughts can keep you in the right mindset for progress. Identifying feelings that may trigger eating can help prevent patterns of overeating. Practicing mindfulness and paying attention to how your thoughts and feelings affect your behavior is a crucial step to better weight management.

In This Module You Will:
1. Learn about the relationship between thoughts, feelings, and behavior
2. Recognize unhelpful thoughts and how to rethink them
3. Describe how feelings (both physical and emotional) influence eating

“Everything about the MOVE! Program seemed to work for me. From day 1, realizing it is a ‘self-managed’ program clearly defined my own responsibility to succeed.”

– Bob, lost 40 pounds

Every positive thought propels you in the right direction.
Progress Check-In

I met my previous healthy eating goal  
I met my previous physical activity goal  

My weight today is __________ pounds.

Reflect on how well you met your goals from the last module.
What successes did you have?
________________________________________
________________________________________
________________________________________

What challenges did you encounter?
________________________________________
________________________________________
________________________________________

What helped you address those challenges?
________________________________________
________________________________________
________________________________________

Even the Smallest Changes Can Make a Big Difference
What benefits did you notice from your weight-loss efforts this past week?

Better sleep  More energy  Fewer prescription medications
Better check-up  Less joint pain  Better blood pressure control
Improved memory  Better mood  Better blood sugar control
Clothes fit better  Improved cooking  Other: _______________________
Stress relief  Greater confidence
More endurance  More organized

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Raising Awareness

Thoughts, feelings (both physical and emotional), and behavior can influence each other. Feelings such as hunger, sadness, boredom, or fear can trigger eating behavior, and eating may result in different feelings like happiness, anger, frustration, or fullness. Understanding how your thoughts and feelings influence eating (and how eating influences your thoughts and feelings) is another step to reaching your weight management goals. Practicing **mindful awareness**, or **mindfulness**, is a way to do this. Mindfulness means being fully aware of what is going on within and around you without judgement.

Consider the examples below. In this situation, thoughts and feelings increased the urge to eat. Has something like this ever happened to you before? Have you noticed any other thoughts or feelings that influence your eating or physical activity?

**Situation: You didn’t lose weight this week.**

<table>
<thead>
<tr>
<th>Feelings</th>
<th>Thoughts</th>
<th>Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>You feel deprived and frustrated.</td>
<td>“I’m tired of working so hard. I can never eat what I want.”</td>
<td>You stop using your food and activity log.</td>
</tr>
</tbody>
</table>

**Situation: You overate at dinner.**

<table>
<thead>
<tr>
<th>Feelings</th>
<th>Thoughts</th>
<th>Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>You feel discouraged.</td>
<td>“I did it again. I’ll never lose weight.”</td>
<td>You skip a meal the next day.</td>
</tr>
</tbody>
</table>
Practicing Mindful Awareness

When you have a desire or urge to eat, stop and pay attention to what you are thinking and feeling. Be sure to write down thoughts and feelings that you notice and what you do in response. The more you pay attention to these things and write them down, the easier it will be to find patterns. Being aware of patterns gives you the ability to change them - whether it’s rethinking your thoughts, addressing your feelings, or choosing a different response.

This week, when you find yourself engaging in unhealthy eating, take out this chart and write down your feelings and thoughts and what you did. Circle any unhelpful thoughts and behaviors and think about what you could do differently next time.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Feelings</th>
<th>Thoughts</th>
<th>Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, after</td>
<td>Anxious, stressed</td>
<td>I’ll feel better after a snack break.</td>
<td>Stopped for a snack break even though I wasn’t hungry. Didn’t finish paying bills.</td>
</tr>
<tr>
<td>dinner, paying</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bills</td>
<td></td>
<td></td>
<td></td>
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</table>
Conquering Unhelpful Thoughts

How you think about weight management can affect how successful you are. Some may think their emotional response is determined or caused by the situation. Really, it’s how you interpret or think about different situations that creates your emotional reactions. Sometimes errors in thinking can lead to discouragement or negative feelings that may decrease control over eating. It is important to remember that a thought is just a thought—it isn’t necessarily wrong or right, true or false. If you can rethink unhelpful thoughts, you’ll have the confidence to make positive lifestyle changes.

Recognizing Unhelpful Thoughts

Let’s review some common mistakes in thinking and some alternative ways of thinking. Which of these thoughts have you had or do you think you might encounter? Recognizing unhelpful thoughts is the first step to changing them!

<table>
<thead>
<tr>
<th>Type of Thought</th>
<th>Example</th>
<th>Rethink It</th>
</tr>
</thead>
<tbody>
<tr>
<td>All or Nothing</td>
<td>I’ve blown the entire day.</td>
<td>• I had one slip at lunch but I can get back on track at dinner.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• I won’t give up because of one slip.</td>
</tr>
<tr>
<td>Making Excuses</td>
<td>I can’t meet my eating goals because my wife keeps making cookies.</td>
<td>• I can enjoy a cookie as long I don’t overdo it.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• I will ask my wife to make something healthy instead.</td>
</tr>
<tr>
<td>Filtering Information</td>
<td>I haven’t stuck to my diet at all this week.</td>
<td>• I stuck to my diet four out of seven days.</td>
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<tr>
<td></td>
<td></td>
<td>• I have a plan for how to stay on track in the future.</td>
</tr>
<tr>
<td>Self-Labeling</td>
<td>I’m the world’s worst cook.</td>
<td>• My daughter liked the stir-fry I made last night.</td>
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<tr>
<td></td>
<td></td>
<td>• I’ll keep learning more about cooking.</td>
</tr>
<tr>
<td>Comparing</td>
<td>Teo has lost so much more weight than I have.</td>
<td>• I’m not going to give up.</td>
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<tr>
<td></td>
<td></td>
<td>• I’ll ask Teo for some tips.</td>
</tr>
<tr>
<td>Assume the Worst</td>
<td>I just know I’m going to get hurt. Then I won’t be able to work out.</td>
<td>• I’ll take steps to work out safely.</td>
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<tr>
<td></td>
<td></td>
<td>• If I do get hurt, I’ll find a different way to be active.</td>
</tr>
<tr>
<td>Overgeneralizing</td>
<td>I’ll never be able to lose weight.</td>
<td>• With hard work, I can lose weight.</td>
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<td></td>
<td></td>
<td>• I have to be patient if the weight doesn’t come off right away.</td>
</tr>
<tr>
<td>Imperatives</td>
<td>I must eat everything on my plate.</td>
<td>• Whatever I don’t eat, I can save for leftovers.</td>
</tr>
</tbody>
</table>
Rethinking Unhelpful Thoughts

Now let’s practice using the four steps to rethinking unhelpful thoughts. Write down two unhelpful thoughts from the Practicing Mindful Awareness activity. Work through the steps to rethink your unhelpful thought.

<table>
<thead>
<tr>
<th>Thought 1</th>
<th>Thought 2</th>
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<tbody>
<tr>
<td><strong>Step 1</strong> Recognize your unhelpful thought—what were you thinking or telling yourself?</td>
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<tr>
<td><strong>Step 2</strong> Question it—is it a realistic thought? Is there evidence that this thought is true?</td>
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<td><strong>Step 3</strong> Ask yourself—is it helpful to think this way?</td>
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<td><strong>Step 4</strong> Consider alternatives—are there other ways of thinking about this? Are there other things that could be true?</td>
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Emotional Triggers

An important first step in making lifestyle changes is to understand your habits. How often do you eat more than you planned in each of these situations?

Use the 1-to-4 scale.

1 = Never, or Does not apply | 2 = Occasionally | 3 = Sometimes | 4 = Often

- When happy
- While alone
- When bored
- When lonely
- At social gatherings
- When depressed
- When nervous
- When frustrated
- While working
- At the movies
- While reading
- While drinking alcohol
- While watching TV
- While smoking cigarettes
- While doing housework
- When celebrating
- While on vacation
- While away from home
- While talking on the phone
- At restaurants or dining halls
- While eating regular meals
- While preparing meals
- After physical activity

Teresa’s Tips

“Every behavior is a choice, and every choice has a consequence—you have control over what you do. Realizing every behavior is a choice empowers you to make more positive choices in the future!”

To future MOVE! participants, I say come with a proper mindset.

And I offer this incentive: at first, it won’t be easy, but once you accept and implement the lifestyle changes that MOVE! offers, it will.”

– Lee, lost 32 pounds

Teresa’s Tips

“Are you eating out of hunger or habit? Sometimes situations, time of day, thoughts, or emotions can trigger us to eat. When you feel the urge to eat, think about whether you are hungry or are just trying to fill an urge. If it is just an urge to eat, find something to distract yourself for 15 minutes.”
**A Healthy Way of Coping**

Be mindful of how your feelings affect your behavior. Some feelings can increase your urge to eat or be inactive. Consider instead what is causing your emotion and how you can respond to the feeling productively.

Write down your emotional triggers from the *Practicing Mindful Awareness* activity. Brainstorm ways in which you can respond to that emotion rather than eating. Healthy coping responses could include things like socializing with friends or family, being physically active, distracting yourself (watching TV, reading, working in the yard, etc.), and meditation and relaxation exercises.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Coping Response</th>
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“I have now taken the MOVE! classes two times.
The first time, I was not mentally ready to make changes.
The second time I participated, I was focused on improving my health.”

– Joe, lost 50 pounds
**Goal-Setting Check-Out**

**Goals for Next Week**

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

**Healthy Eating:**

I will ____________________________
______________________________
______________________________
______________________________

**Physical Activity:**

I will ____________________________
______________________________
______________________________

If you had trouble meeting your goals from last week, what will you do differently this week?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**Smart Alex**

“There is a link between negative emotions and unhealthy foods. When emotions are down, the craving for comfort food increases. Energy-dense foods are important for survival. However, as humans live longer and more sedentary lives, rates of overweight and obesity are growing. It is important to minimize the intake of energy-dense and processed foods for successful weight management, particularly when those foods are so widely available. Healthy eating is now a modern cultural necessity to live a long and healthy life.”
Module Summary

Thoughts, Feelings, and Behaviors

It is important to understand how your thoughts, feelings, and behaviors influence each other to help or hinder your weight management progress. Practicing mindful awareness (being fully aware of what is going on within and around you without judgement) can provide insight into how your thoughts and feelings influence your behavior.

Rethinking Unhelpful Thoughts

Unhelpful thoughts can get in the way of successful weight control because they can lead to overeating or being inactive.

1. Recognize your unhelpful thought—what were you thinking or telling yourself when you were feeling bad?
2. Question it—is it a realistic thought? Is there evidence that this thought is true?
3. Ask yourself—is it helpful to think this way?
4. Consider alternatives—are there other ways of thinking about this? Are there other things that could be true?

Emotional Triggers

Emotions can trigger many people to eat. It is important to identify what your emotional triggers are so you can stop them in their tracks. Keep a diary of how you are feeling while you eat to identify your common emotional triggers. Consider healthy ways of reacting to the emotion other than food.

Having a healthy mind is just as important as a healthy body.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your Food and Activity Log every day.
3. Consider how your thoughts and emotions might be affecting your weight-loss behavior and how you can make them work for you—not against you.
4. Review Module 7 in preparation for your next meeting.