

Level Three - Workshop Two

Weight Management

Participant Workbook

Name: _____

Date: _____

Alberta Healthy Living North Zone

Information Line: 1-877-349-5711

Website: <https://www.healthylivingprogram.ca/>

Today's Topics: Maintaining the Change & Moving Forward



Activity: What have you accomplished over the last 7 workshops?

Discuss remaining challenges to progress

Skills I have adopted:

Solutions to Barriers: Brainstorm

Barriers	Strategies I can use
	Strategies: <ul style="list-style-type: none"> • • • •
	Strategies: <ul style="list-style-type: none"> • • • •
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Managing Health

Physical or mental health challenges can affect our sleep, energy, pain, stress levels and our ability to be physically active. Each of these will affect how we feel and are able to function day to day. This in turn, affects our ability to achieve or maintain healthy change.

Some examples of common health conditions are listed below.



Activity: Check the ones that might affect you:

- Chronic pain (e.g. Chronic Fatigue Syndrome, Fibromyalgia, Arthritis, Injuries)
- Thyroid conditions
- Anxiety
- Sleep disturbance or sleep apnea
- Depression
- Diabetes (high/low blood sugars)
- Heart condition
- Breathing difficulties (e.g. Chronic obstructive pulmonary disease, Asthma, or Emphysema)
- Injury causing reductions in mobility
- Obesity
- ADHD (attention deficit hyperactivity disorder)
- Other _____

Do you have significant challenges with symptoms such as:

- Fatigue
- Significant or rapid weight gain
- Significant challenges keeping a healthy eating pattern
- Eating primarily “comfort foods” to manage feelings or cheer yourself up
- Being highly distracted, or eating without really noticing
- Eating much more than you intended to, until you feel discomfort or pain
- Real difficulty motivating yourself

If so, then you may need to speak to your doctor.

How do my health conditions influence my eating and activity? (Describe)

Some things I can do to better manage them:

Stress: When we are stressed, we can revert to thinking with our “caveman” brain. At these times, it is harder to think clearly, problem solve well, and stay on our healthy path. AHS offers a Minding Stress workshop to assist you in identifying and successfully managing your stress. The program calendar, or your instructor can offer more information.

Food Addiction: There is little scientific evidence to show that sugar is an addictive substance for people. Some studies do suggest that when we restrict access to sugar, our desire for it increases. If people severely restrict their intake of certain foods when dieting, the urge to eat those foods can become much stronger. Using strategies such as mindfulness, mindful eating, a non-restrictive diet, and strategies to manage thoughts and emotions can make the desire for those foods become less intense.

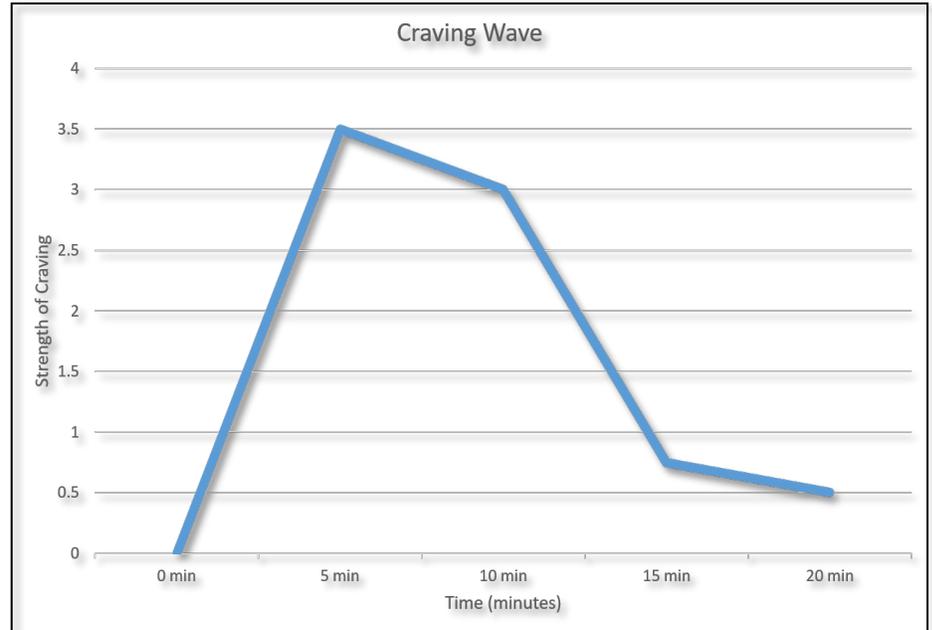
National Initiative for Eating Disorders: <https://neid.ca>

National Eating Disorder Information Center: <https://nedic.ca>

Canadian Mental Health Association: <https://cmha.ca>

Crave Wave

A craving is:



Steps to Riding the Crave Wave:

1. Give yourself permission to eat what you are craving **BUT** before you eat it, wait for a certain period of time.
2. Set a timer for the amount of time you chose (this could be, for example, between 2 and 10 minutes).
3. Choose a method to help you ride the wave
 - A **distraction technique** such as _____
 - Practice being **uncomfortable with discomfort**. This strategy was introduced in level 2 (see workbook 2.3 page 11). It includes noticing and naming the sensation, breathing into the sensation, practicing mindfulness and deep breathing.

4. Watch as the craving rises and eventually falls. When the timer rings, see if you can wait a little longer. If you cannot, mindfully eat what you are craving.

5. While practicing this skill, consider your values and “**What Matters to You**”.

Good Sleep Practices: What helps you sleep better?



Activity: (Check any/all that you find helpful and add your own.)

- Wake up at the same time every day
- Have a nap if necessary. Nap before 3 pm, for no more than 20 minutes
- Create a quiet, cool, and dark bedroom
- Make time for relaxation
- Schedule “thinking” time early in the day
- Avoid caffeine, nicotine, alcohol, and large meals in the evening
- Be aware of when, how much, and what kind of exercise you do in the evenings, and its’ impact on your sleep
- Avoid exposure to light from electronics at least 60 minutes before bedtime.
- Go to bed when you feel sleepy
- Other _____
- Other _____
- Other _____

What can I Influence?

I can control ____ of my choices and my behaviour

a) Very Little

I can control ____ of my thoughts and feelings.

b) Almost none

I can control ____ of other people's behaviour.

c) Almost All

I can control ____ of other people's thoughts and feelings.

d) Some

Clear Communication

List some situations with others that are common eating triggers for you:

Use DESC Communication Strategy

1. **D**escribe the situation
 - Focus on a specific behaviour you wish to change, and calmly state what you see to be the problem. Do not make generalizations (for example: you are *always* eating junk food in front of me) or try to change more than one behaviour at a time.
2. **E**xpress your feelings
 - Focus on how the situation affects you – how you feel. No-one can argue this - you are just stating how *you* feel. The other person may not agree that you should feel that way. The fact is, you do.
3. **S**pecify what you want
 - Do not dwell on what the other person *did* – just say what you would like to be different.
4. **C**onsequences
 - State what the positive outcome will be for yourself, and the other person. There is no need to justify or defend your request or your point of view.

Practice: For example:

D- When you..., when this happens,_____

E- I feel...._____

S- I would like..._____

C- So that we...._____

Being Connected

Think about whether or not you have the balanced, supportive lifestyle you need. Is there a void that you are using food to fill? *Yes/no (circle one)*

- The void that would instead lead you TOWARDS your valued path?

- How can you persuade yourself to reach out to others for support, more often?

Medications

Obesity medication can help you in your obesity management journey when health behaviour changes alone have not been effective or sustainable.

Weight loss medications are only effective if taken on an ongoing basis; if you stop taking the medication, the weight comes back.

Medications are approved for people with a BMI over 30 or BMI of 27 with a weight-related medical condition.

Weight loss medications may not be covered by your health plan and can be expensive.

Liraglutide (Saxenda)

- Makes you feel less hungry and more satisfied when you eat
- Is a once-daily, self-injectable medication
- The most common side effect is nausea
- Can be expensive, may not be covered by insurance

Semaglutide (Wegovy)

- Similar to Saxenda but once weekly injection and superior weight loss

Naltrexone/Bupropion (Contrave)

- Oral pill taken 2 times per day
- Believed to work on 2 areas of the brain to reduce hunger and help control cravings
- Common side effects include nausea, constipation, diarrhea, headache, dizziness, trouble sleeping

Orlistat (Xenical)

- Works by blocking 30% of fat contained in a meal from being absorbed
- Taken 3 times a day before meals
- Has side effects such as bloating and urgent diarrhea which are problematic if too much fat is eaten

Moving Forward

When “life happens”, we may need to shift our priorities from *moving forward* to *maintaining* the changes we have already made. When things ease up, we can return to moving forward, in small manageable steps.

What are you going to do, going forward, to *support your progress* toward **what matters to you**?

My SMART Goal:

Where do I see myself in 3-6 months?

Options I have to obtain support:
