A New You: Health for Every Body

Lesson 4 – Foods & Moods

Goals and Objectives:
1. Increase understanding of dieting risks and of the value of a non-diet approach to healthy weight.
2. Increase awareness of emotional eating triggers.
3. Develop healthy and enjoyable alternatives to eating in response to emotions.

Handouts:
- Audience Notes (create from Lesson 4 Slides)
- Diet Facts (handout 4:1)
- Mood-Food Connection (handout 4:2)
- OYOL Labels (Lesson 4 handouts folder)
- Quick Thoughts (Lesson 4 handouts folder)

Materials:
- Sign-in Sheet
- Name Tags
- Fat videotape or Video Clip Lesson 4 (optional)
- Portable stereo and lively music
- Flip chart or board and markers or chalk (optional: write the WOW on board)
- Computer, Projector, Screen
- Extension Cords
- Feedback sheets from previous lesson

Outline:
- 5 minutes – Welcome and Review
- 5 minutes – Fat video clip
- 10 minutes – Diet Facts and A shift to the Non-diet Approach
- 5 minutes – Physical Activity Break: Move to the Music
- 15 minutes – Coping with Emotions and Emotions and Food
- 5 minutes – Journaling
- 5 minutes – On Your Own Learning (OYOL)
- 2 minutes – Wrap-up

Words of Wisdom: WOW

“I eat when I’m tired and I eat when I’m stressed. And probably the biggest factor I’ve learned is I eat when I’m tired. Somehow I must equate that to energy. . . . Probably about 20 years ago . . . I was going to eat something and [my son said] ‘You’re tired, why don’t you go take a nap instead of going to eat something.’ Well the light bulb went on. And I thought, you know that’s really what it is. . . .”

Female, 50ish

Let their voices be heard ©
### Facilitator Notes

**Distribute Audience Notes.**

**Optional:** Post *Class Guidelines.*

### Facilitator’s Message

**Sign-in**

*As participants arrive, have them sign in and pick up their name tags and Audience Notes. Play some nice background music.*

### Slide 1 and Slide 2: Welcome and Review

Welcome back to A New You: Health for Every Body. This session will focus on shifting to a non-diet lifestyle and understanding emotions related to food and eating.

Does anyone have any comments or questions since we last met? *(Address any concerns, confusion or comments from previous session evaluations.)*

Would anyone like to share their experience from the OYOL assignment to use the hunger and satiety scale?

How are your goals coming? Has anyone made revisions or changes? Has anyone overcome a challenge or barrier? If anyone would like to visit with me one-on-one about their goal, please let me know after class.

*(Topics to be covered during this session are in red.)* From our Intuitive Eating outline, today we will focus on the following:

- reject the diet mentality
- coping with emotions without food
Fat Video Clip (if not available, facilitate discussion in last two paragraphs)

This clip is from Fat, a 60-minute 1999 PBS public affairs series called Frontline. You will see a woman who has embraced life and accepted her many assets. *(Show clip.)*

* NOTE: One portion of the clip makes negative remarks about thin women while trying to emphasize the point of “who says” what is an ideal body. In the spirit of body-size acceptance, we would like to promote thin and heavy bodies are all beautiful.

With a partner, share some of your reactions to the messages in the video clip.

Some people struggle with food and eating because they are concerned about their body size or shape. It is true that greater numbers of Americans are heavier today than 30 years ago. And obesity is a major health issue. However, the typical approach to dealing with obesity may not be the healthiest, for the mind or the body.

What is the typical approach to dealing with overweight or obesity? DIETING! We often use the word “diet” to describe our daily food intake in general terms. In our program, we are defining “diet” as a caloric restriction significantly below an individual’s maintenance requirements.
Distribute Diet Facts.

Slide 3, Slide 4 and Slide 5: Diet Facts

The woman in the video clip made a shift in her thinking when it came to dieting and her body size. Here are a few things we know about dieting.

1. **Diets don’t work.** Many people lose weight, but almost all gain it back, often regaining more than they lost. This slide shows the effects of dieting and weight cycling. Only 3 to 5% of those who diet and lose weight maintain significant weight loss.

2. **Dieting can disrupt normal eating** and lead to binge eating, overeating and chaotic eating patterns. Dieting ignores internal signals of hunger and fullness teaching you to be out-of-touch with your appetite.

3. **Dieting can cause food and weight obsessions.** As a food becomes off-limits, that is usually what you crave! When food is restricted, you feel deprived and spend more time thinking about food and weight.

4. **Dieting can lead to disordered eating.** Many specialists believe that the high rates of eating disorders in the U.S. are due in part to people dieting, losing weight, rebounding, and becoming chronic dieters.

5. **Dieting can erode self-esteem, confidence and self-trust.** When dieting efforts fail, dieters typically feel they are the failure, not the diet.

6. **Dieting can make you feel tired and lightheaded.** Your body may not be getting all the energy it needs from restricted eating. If a diet eliminates whole categories of foods, it may be low in nutrients.

7. **Dieting can increase size prejudice.** You may become more critical and judgmental of yourself and others rather than respecting and accepting body size differences.

8. **Diets put your life on hold.** Live the life you want now. Don’t wait until you reach a certain weight or size.
Let group respond.

Non-diet Lifestyle

Weight

Hunger

Physical Activity

Food

Self-esteem & Acceptance

Trust in self and body

Slide 6 and Slide 7: A Shift to the Non-Diet Approach

(Facilitate a discussion asking participants what they think are the issues under the six headings as they move away from a weight-centered approach towards a health-centered approach to living. Refer to handout 1:2 A New Approach, if needed.)

Let’s discuss a shift towards a positive approach to healthy and pleasurable living. We want a health-promoting lifestyle rather than a quick-fix diet. We began this discussion in lesson one and now let’s take some time to discuss how to embrace a health-centered approach to living.

Weight. Rather than striving for an “ideal” weight as a measure of success, believe that you can achieve a healthy, natural weight when you are in tune with body cues. Here is a quote from Joanne Ikeda, Extension Nutrition Specialist from California:

“A healthy weight is the weight you achieve when you have a healthy lifestyle. A weight that can only be maintained by an unhealthy lifestyle is not a healthy weight.”

How would you define a healthy lifestyle?

Hunger. Dieting promotes denial and suppression of hunger. Physical and emotional hunger are confused. Instead, respond to physical hunger and fullness cues to bring about your natural, healthy weight.

Physical Activity. Change the “E” word from Exercise to Enjoyment. Recapture the joy of zestful play that you felt when the bell rang for recess as a kid. Move because it feels good.

Food. Diets tend to categorize foods as legal or illegal, good or bad. Food choices are based on “shoulds” and “should-nots.” Instead, consider all food acceptable when you take pleasure in eating, eat a variety of foods, and listen to hunger and satiety cues.

Self-Esteem and Acceptance. Dieting focuses on weight as the measure of beauty or acceptance. Diets offer a false sense of power or control. Instead, take control by accepting and valuing every body, including your own. Recognize that wonderful, caring people come in all sizes and shapes.

Trust in Self and Body. The diet approach places trust in the diet or program. Yet, when the diet fails, you blame yourself. Get rid of diet books, diet foods and scales. Instead, trust your body by responding to internal cues without judgment or criticism.
Play an upbeat song. Let participants move as they feel the music. You may need to lead some simple dance steps.

**Slide 8: Activity Break – Move to the Music**

For today’s break, we are going to move to the music. You know the expression – dance like there is nobody watching? Please stand and feel free to move to the music however you would like.
What triggers emotional eating?
Let group respond. Record responses on board.

Before you eat, ask . . .
What am I feeling?
What do I really need?
Am I physically hungry?

Food has many emotional associations. Positive food-mood connections are reinforced by society. Advertisers frequently use emotions to sell food and beverages. Can you think of an example? (Chocolate melts your problems away.) While society emphasizes eating and positive feelings, eating can trigger negative feelings such as guilt and shame.

Eating food because you are bored, tired or angry is not physical hunger but rather emotional hunger. Emotional eating is triggered by feelings and we may not realize we are using food to deal with emotions.

Here is another approach – next time you reach for food, ask

1. **Am I biologically hungry?**
Tell yourself you can eat, but to wait 5 minutes to check your feelings. If you are still physically hungry, honor your hunger and eat. If you are not physically hungry, try to sort out what you are feeling.

2. **What am I feeling?**
This can be difficult to answer. Are you feeling angry, bored, anxious, depressed, nervous, happy? One way to discover feelings is to keep a food journal. Record not only when and what you eat, but also if you ate fast or slow, if you ate what you really wanted, and how you felt emotionally and physically before and after eating. Review this journal to discover what feelings may trigger eating. You may not be able to identify an emotion, and that is okay too.

3. **What do I really need?**
   - Something to drink
   - Enough rest
   - Comfort
   - To express feelings
   - To be heard, understood and accepted
   - Intellectual and creative stimulation
   - To gain sensual pleasure
   - To feel needed and respected
### Slide 11: Emotions and Food

On this worksheet, star moods you frequently experience. Select one or two of those and list the food you associate with those moods. In the third column, list the first non-food action that comes to mind for those moods.

Would anyone like to share what they wrote down?

What would happen if you broke the mood-food connection and went straight to the action? (*Show examples on slide. If using overheads, place a large X over the center column.*) Cross out the second column on your worksheet to create a mood-activity connection.

Building the mood-activity connection will take patience and commitment. Experiment with different responses and allow yourself the flexibility to sometimes eat in response to emotions.

Most of the time, the emotions, moods and stressors that trigger eating are the everyday, garden variety. In these cases, trading actions for foods is a beneficial and positive way of coping. However, when problems have existed for a long time, interfere with the joy of living and seem to have no solution, professional counseling may be advisable.

### Journaling

Take out your journals. Record a food-mood connection you currently have and how you might break the connection to create a mood-activity connection.

*(Play some soothing background music and allow about 3 minutes for journaling.)*

<table>
<thead>
<tr>
<th>Mood</th>
<th>Food</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>happy</td>
<td>ice cream</td>
<td>walk the dog</td>
</tr>
<tr>
<td>bored</td>
<td>chips</td>
<td>call a friend in need</td>
</tr>
<tr>
<td>angry</td>
<td>chocolate</td>
<td>vacuum vigorously</td>
</tr>
</tbody>
</table>
### Slide 12: On Your Own Learning (OYOL)

1. Work on the **Mood-Food Connection** handout. Complete only those that make sense for you and your lifestyle.

2. Find one or two of the Mood-Activity connections to try this week. Record in your journal or share with a friend or family member.

3. Keep your eyes open for examples of outrageous portion sizes to share next week.

4. Build on your 2-minute walk from last week. Increase to a 2-minute walk each day this week and note it in your journal. Invite a friend or family member to join you.

### Slide 13: Wrap-Up

Thank you for joining our class today. Please complete the evaluations and leave your name tags. We will see you next week.

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**Adapted from A New You: Living in A Healthy Body**

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References and Additional Resources:


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