

WEIGHT LOSS PROGRAMS

Chapter 5 – Cheat Sheets HELP, STRESS MAKES ME FAT!

Let's Recap – Three Reasons Stress Makes US Fat

- 1. Cortisol Release = Fat Storage and Increased Appetite
- 2. Brain Wants to Be Happy...With Sugar
- 3. Reptilian Brain Takes Over Logical Brain



There Are 5 Levels of Stress

Level 1. Feels great, bliss, calm, happiness.

Level 2. Feels good.

Level 3. Feels a little stressed but not bad stress.

Level 4. Feels stressed. difficult to focus, worried.

Level 5. Overwhelmed, very stressed, irrational, wants to flight.

Where









Levels

9

Stress

The 5 "Stressed Brain" States

Thoughts/ by State	Feelings	Relationships	Spirituality	Behavior
1. Abstract	Joyous	Intimate	Connected	Optimal
2. Concrete	Balanced	Companionable	Aware	Healthy
3. Rigid	Mixed	Social	Unaware	Moderate
4. Reactive	Unbalanced	Needy, Distant	Disconnected	Unhealthy
5. Irrational	Overwhelmed	Merged, Disengaged	Lost, Obsessed	Destructive

Source: Laurel Mellin, PhD, "Wired for Joy", page 61



Experiment (Book p.134) Become AWARE of Your Level of Stress

Moment of Day	Stress Level (1 to 5)	Why Are You Stressed?
This will help you understand your level of stress and what stresses you over the day		
Do it for at least 3 days		
Stress can be triggered by a person, a situation, an environment etc.		



The Three Stress Relief Methods

- Visualization (Emotional Brain Training)
- Trick Your Brain
- "Breathing" and Other Relaxation Techniques



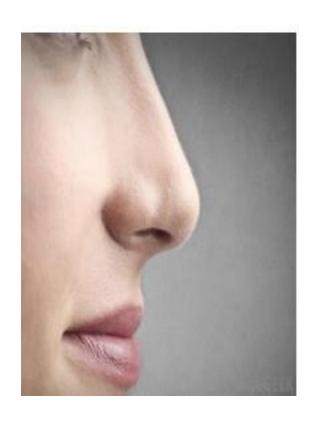
1. Five Minutes Visualization Exercise

- "Create a vision or movie". It will give it a break for 5 minutes or longer
 - The brain will get its joy from the vision and calm down/forget the food
 - It will think the vision is real!
- Close your eyes
- Find a happy vision
- Make it very vivid: colors, smells, textures, wind in your hair, touch etc.
- Usually about an attachment
 - Children (mother/child)
 - Other people dear to you or moments in your life





2. Mindful Breathing Technique



- Breathe through your nose
- Feel your lungs entirely not just the upper part, and count to 4
- Hold your breath, count to 4
- Exhale slowly and count to 4 as you exhale
- Repeat this cycle 4 times

Other: Alternative nostril breathing technique or just deep breathing for 5 minutes.



3. Trick Your Brain



Move the internal focus – obsession with that food at that moment – to an external stimulus

Start to breathe slowly and deeply (even in a meeting you can do his discreetly)

- Notice colors, smells, noises around you
- How do you feel (emotions?)
- Focus on an object in the room (a clock, a flower...)
- Wonder what it is made of, how much it weighs etc.

Stay focused on it for a few minutes.



Other Techniques

- Body scan: from toes to crown of the head/release tension
- 2. Focal or anchor words technique:
 - Use the word "peace" on the inhalation and "calm" on the exhalation.
 - Imagine you are a flower (Session 3)
 - Use the words silently. Create your own words
- **3.Enroll** in a weekly/daily meditation or relaxation class (yoga, swimming, sports, new hobby etc.)
- 4. Take mini mental breaks...w/o your phone!



EASY Things I Can Do to Eliminate Stress - Short Term

Look at your daily/weekly activities/habits. Make a decision now!



My Stress Elimination Plan (Long Term)

My Stress Triggers	Assess the situation	Find a strategy
Family situation - Children or parents - Partner - Other	Why is this happening	How can I deal with it, minimize the impact, fix this, stop this, improve this, avoid this
Work: - Deadlines/ Multiple priorities/ Demands - Colleagues/boss - Unemployed - Other		
Money - Tax season - Problems with cash Debts/Credit cards - Other		
Other (Disease, Life Events etc.)		



My Stress Elimination Plan (Long Term)

STRESS	Assess the situation	Find a strategy



To Summarize

- Observe and gauge your stress level every day (1 to 5)
- Take mini mental breaks and brain relaxation activities
- Eliminate stressors you can in the short term
- Write a plan for the long term
- Remember stress makes you eat sugar (not salads!) and makes you fat, even w/o eating!
- Chronic stress is linked to 90% of diseases including Type
 2 Diabetes.

