



Taking Charge

YOU are your own best advocate

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Laughter: the best medicine



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Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your sixth week's weight to the seventh.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) What did you notice about your environmental cues last week?
 - b) Make a note about how you did this week.



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Think About This...

For some people, it's not just that you enjoy your food and "eat too much" or have a sedentary lifestyle. For some people, eating is a way to calm the storm, a form of meditation to ease the hurt.

"Overeating is the addiction of choice of 'carers,' ... a way of screwing yourself up while still remaining fully functional, because you have to. It's not an addiction in the common sense, in that an overeater doesn't become useless, chaotic or a burden to those around them. Instead they are slowly self-destructing in a way that doesn't inconvenience anyone." (Caitlyn Moran) That's why it's so often the "addiction" of choice for people who put others first – the meek, cheap option for self-satisfaction, or self-obliteration.

Put yourself on the list.



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What is “Resiliency?”

Your ability to “bounce back” from adversity, and how you deal with it while you are in the midst of it.

- How do you relate to the people and events in your life?
- Do you find humor and laugh easily?

Think of a time that you have faced adversity.

- How did you respond?



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Improving Your Resiliency

- Resiliency may sometimes be better described as “self-efficacy,” or your confidence in your ability to succeed.
- Taking action to modify the environment we live in is key to improving our ability to make good choices.



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Social Support Structure



- Think of the important people in your life.
- Are they positive or negative influences?
- Are there ways that they could support your efforts?



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Talking to Your Support Staff

- You can say, “no, thank you.”
- Learn how to deal with critics, both external & internal.
- All you have to do is ask.
- Is conflict bad? No! “The absence of conflict usually signals the absence of meaningful interaction.”
- Miscommunication and misunderstanding can create conflict even when there are no basic incompatibilities. Communicate in a CLEAR and RESPECTFUL fashion.



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Saying No

- How many different ways can you say no?
- Let's practice.



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Coping with Critics

- Evaluate the Critic.
- Evaluate the criticism's usefulness to you. Stretch your comfort level a bit - It may be a great gift!
- Let it "roll off your back" – use your sense of humor; give an "adult time out," and don't reward it by responding to it.
- Avoid criticizing yourself. It eats away at your self-esteem and efficacy, makes you feel needy in relationships and keeps others from getting close.
- It can result in excessive spending, drinking, eating in an attempt to feel better.



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Coping with Your Internal Critic

- Catch Yourself. Is the thought moving you forward or bringing you down?
- Imagine shouting “STOP” to yourself and a big red stop sign that takes up your whole mind.
- Talk back to the thought.
 - “Good or Bad” – Work Towards Balance. Don’t expect perfection – you are working towards balance.
 - “Excuses” – It’s Worth a Try.
 - “Should” – It’s My Choice
 - “Not as good as” – Everyone is Different
 - “Give Up” – One Step at a Time
- Practice, Practice, Practice.



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Are We All Saying the Same Thing?

Savage Chickens

by Doug Savage



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Asking For What You Want

1. **Get clear** about what you want: You can't express what you want effectively if you're not clear what it is, so before approaching your partner, your boss or your child with a request, think about it and make sure you can write it down in one clear sentence.
2. **Create a good atmosphere:** If asking for what you want is difficult for you, don't do it without preparation. Make sure you and the person you're asking both have time, and invite the other person to sit down and talk with you.
3. **Simply state what you want:** Don't preface your statement with a lot of disclaimers – they make the other person feel accused of something. Just ask, politely, for what you want.
4. **Be prepared to accept a “no”:** Remember, if you can't accept a no answer, then you're making a demand, not a request, so have a backup solution. For example, if you don't get that raise you deserve, maybe it's time to begin a job search.
5. **Listen politely to the other person's answer:** Don't get all caught up in a lot of worry and noise inside your head – pay attention. You need to know what the answer is.



Plotting A Conversation

- **BEFORE** – spend your “thought time” focusing on positive outcomes. Think of how to open the conversation right. “I wanted to talk with you about.... For example, do you remember when....” “I'd like to see if there is a way...” “Maybe it would work better...”
- **What are you afraid of?**
 - Focus on understanding the other person's perspective.
 - Vent as necessary.
 - Ask a third party for their perspective.
- **Make deposits in the “Goodwill Bank Account.”** Examples include paying a sincere compliment, doing a favor, offering to help, physical affection, etc.
- **Engage in positive conversations.** Focus on understanding where they are and what they are focused on.
- **You get back what you put in.** You must do this as a genuine interest in the person. People pick up insincerity and calculated attempts to “soften them up” easily.



Examine the Problem

1. Describe the problem in detail. Be specific, and write it down. Try to see the steps or links in the action chain (environmental cues, people who don't support your efforts, thoughts or feelings in your way).
2. Brainstorm Options.
3. Pick an Option to Try. Choose the option that is most likely to work and that you can do. Break links EARLY in the chain.
4. Make an Action Plan. When, where, what, barriers and ways around.
5. Try it and see how it goes.
6. Trust in the process – you will need to try different things to get a solution.



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Positive Self-Motivation

- The only motivation that works:

Celebration + Appreciation = Motivation

- Make a Note
- Visible Reminders
- Reward Yourself
- Party!



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More Resources

- http://www.tinatessina.com/monthly_column.html



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Envision the Future

- On your weight chart, plot where you will be at the end of the year.
- Close your eyes and think of what it will be like.
 - How will you feel?
 - How will you look?
 - What will be different?



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George St. Pierre

It is talent that creates opportunity. Yet it is desire that creates talent."

– Bruce Lee

- "I train for myself. I'm training all the time. My goal is perfection, but I will never be perfect."
- "The more knowledge you get, the more questions you ask. The smarter you get, the more you realize that everything can be possible."

<https://www.menshealth.com/fitness/a19556200/georges-st-pierre-0/>



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Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.



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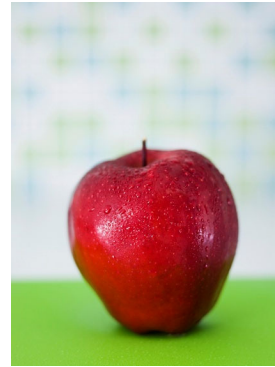
Remember YOUR Goals



1. Weight Loss



2. Exercise



3. Healthy Habits



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Patterns Are Important

Think of the “stress” of paying attention. When you are operating in old, familiar patterns you don’t need to think about what you are doing, which leaves your mind free to wander and “de-stress.”

“Preparatory Set” – a mechanism our brain uses to sort huge amounts of data and keep it manageable.

Program this mechanism

- Write it down and make it clear.
- Visualize what it will actually look like to do it.
- *This will allow you to be more aware of certain events, opportunities and people who can be helpful.*




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For Example

To make it easy to include easy exercise in your life, write down your goal (I will walk an extra half hour a day) and picture yourself walking and enjoying it ___ perhaps you picture parking a few blocks away (where it's cheaper) and walk the rest of the way, or get off the bus or subway one stop early, or walk to that nearby restaurant (or art museum) for lunch, or take the stairs instead of the elevator when you go to the Xerox, or take a sandwich to a nearby park, or take the dog for a bit longer walk than usual before and after work. If you picture yourself walking and enjoying it, you'll soon find that you're noticing more new and different ways you can add in walking without stressing about it.

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- Ask – would I say that to a good friend?
- This is a big challenge – but you are ready to tackle habit change and building healthy coping skills.
- This is relapse prevention.

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This Week:

- DO what you've decided that you will to meet your goals.
- PRINT another week for the food and fitness log.
- RECORD your food, fitness and weight in your log.
- BRING your binder and log to our next webinar.

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calvin and hobbes
by MURPHY

UH-O

OH NO! EVERYTHING HAS SUDDENLY TURNED NEO-CUBIST!

IT ALL STARTED WHEN CALVIN ENGAGED HIS DAD IN A MINOR DEBATE! SOON CALVIN COULD SEE BOTH SIDES OF THE ISSUE! THEN POOR CALVIN BEGAN TO SEE BOTH SIDES OF EVERYTHING!

THE TRADITIONAL SINGLE VIEWPOINT HAS BEEN ABANDONED! PERSPECTIVE HAS BEEN FRACTURED!

THE MULTIPLE VIEWS PROVIDE TOO MUCH INFORMATION! IT'S IMPOSSIBLE TO MOVE! CALVIN QUICKLY TRIES TO ELIMINATE ALL BUT ONE PERSPECTIVE!

IT WORKS! THE WORLD FALLS INTO A RECOGNIZABLE ORDER!

YOU'RE STILL WRONG, DAD.

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