

Welcome to the
October
Statewide
Wellness Virtual
Lunch and Learn

Hosted by:
OSHR Worksite
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let's LUNCH AND LEARN!

Emotional Eating :

Finding kind ways to comfort, nurture, distract, and resolve your issues without food.

Presented by Katie Godin, RD, LDN



LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management

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What is Emotional Eating?

- Eating in response to positive OR negative emotions. Is it always a BAD thing???
- Common examples : Eating because...
 - Stressful day at work
 - Birthday party
 - Celebrating a promotion
 - Death of a loved one



Different Types of Hunger



PHYSICAL HUNGER



EMOTIONAL
HUNGER



TASTE HUNGER



PRACTICAL
HUNGER

Different Types of Hunger cont..

Physical Hunger is recognized by physical hunger cues and satisfied after eating food.

Emotional Hunger is eating for emotional reasons and using food as a coping mechanism.

Taste Hunger is craving a certain food or flavor which is fulfilled by satisfying the craving.

Practical Hunger is eating at a convenient time to prepare for later hunger.

Hunger Scale : Honoring Hunger + Respecting Fullness

The Hunger Scale



Making more Intentional Food Choices..



Tackling stress head on



Making peace with food



Working through “All or None” thinking



Avoid skipping meals / undereating



Having a plan when it comes to meals and snacks

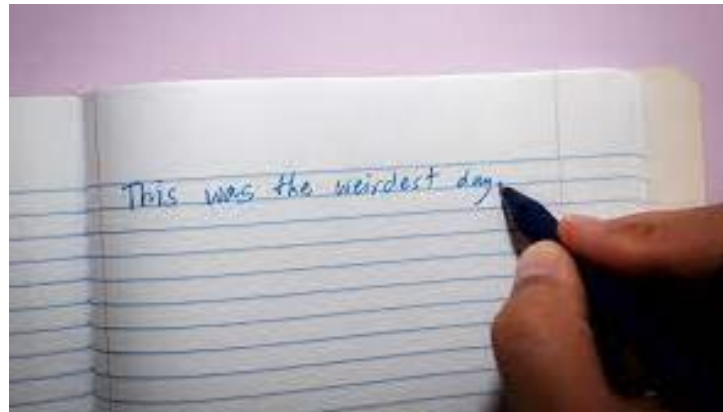


Getting a good night's sleep



Aim to eat without distractions

Non-Food Coping Mechanisms



Work with a
Psychologist and a
Registered
Dietitian



Journaling



Deep breathing
exercises



Exercise



Self Care activities
(Massage, Bath,
Yoga class)



Talking to a friend



Read a book

Putting it all to practice: what are some of your barriers to change?



- Busy Schedule
- Budget
- Fatigue
- Sedentary job
- Lack of motivation
- Putting others first
- Lack of support from others

Self Care : More focus on YOU!

- Intentionally move your body every day
- Balanced meals and hydration
- Better sleep hygiene – avoiding blue lights / screens before bed
- Schedule time for relaxation
- Practice gratitude for yourself and others
- Focus on positivity
- Work on maintaining and building connection with others



Something to think about...



What is Intuitive Eating?

Intuitive Eating is a self-care eating framework, which integrates instinct, emotion, and rational thought. Created by two RD's in 1995 (Evelyn Tribole and Elyse Rech).



There are 10 principles involved

1 Reject the Diet Mentality

#2 Honor your Hunger

3 Make peace with food

#4 Challenge the food police

5 Respect your fullness

#6 Discover the Satisfaction Factor

#7 Honor your feelings without using food

8 Respect your body

9 Exercise - Feel the difference

10 Honor your Health with Gentle Nutrition



Let's Cook! Black Bean Brownies