

Emotional Eating and Stress



About Your Instructor

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**GROUP CLASS
CONFIDENTIALITY AGREEMENT**

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

Important Disclaimer

- The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.
- Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.
- Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

Agenda

Triggers

Scientific Breakdown

Eating Patterns that Develop

Healthy Alternatives

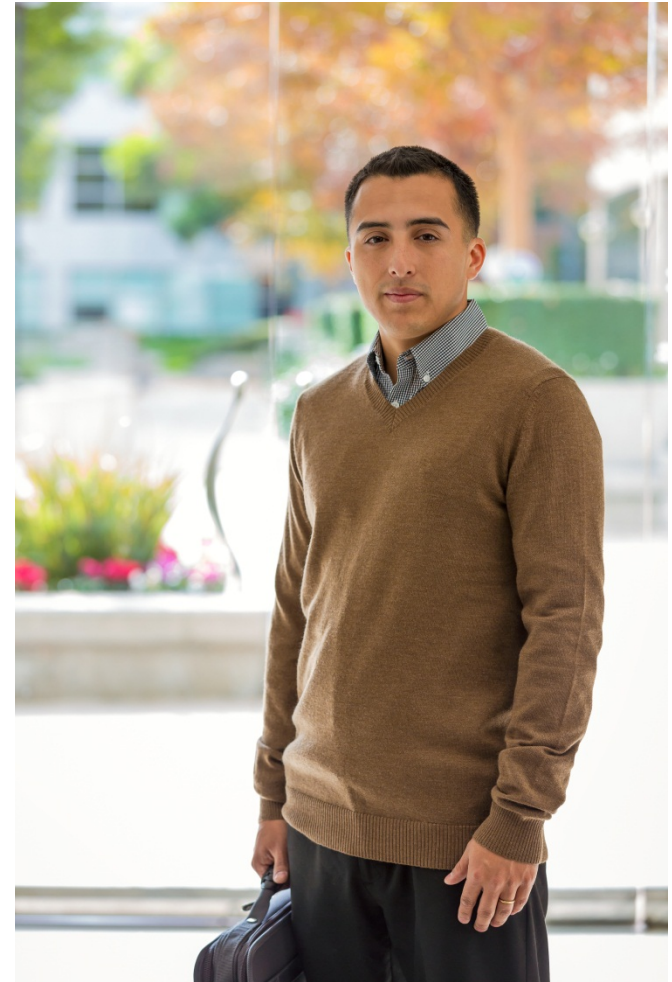
Resources

Feeling Stressed, Anyone??



What Are Your Triggers?

- Personal Stress
- Family Stress
- Friends
- Job Stress
- Can you think of any other triggers that may trigger emotional eating for you?



Why We Do What We Do

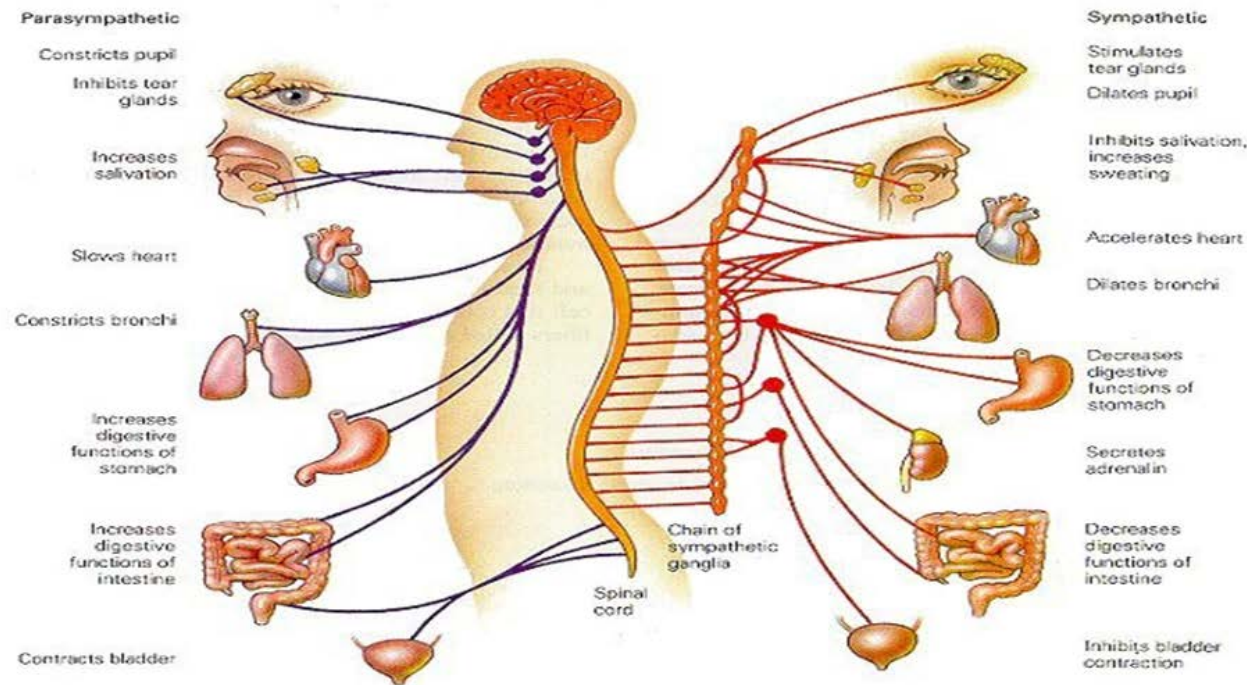
- Our 'habits' are part of who we are.
- They allow us to function and survive in the world.
- Our brain wiring triggers our reactions before we are able to cognitively process what is happening.



The Autonomic Nervous System

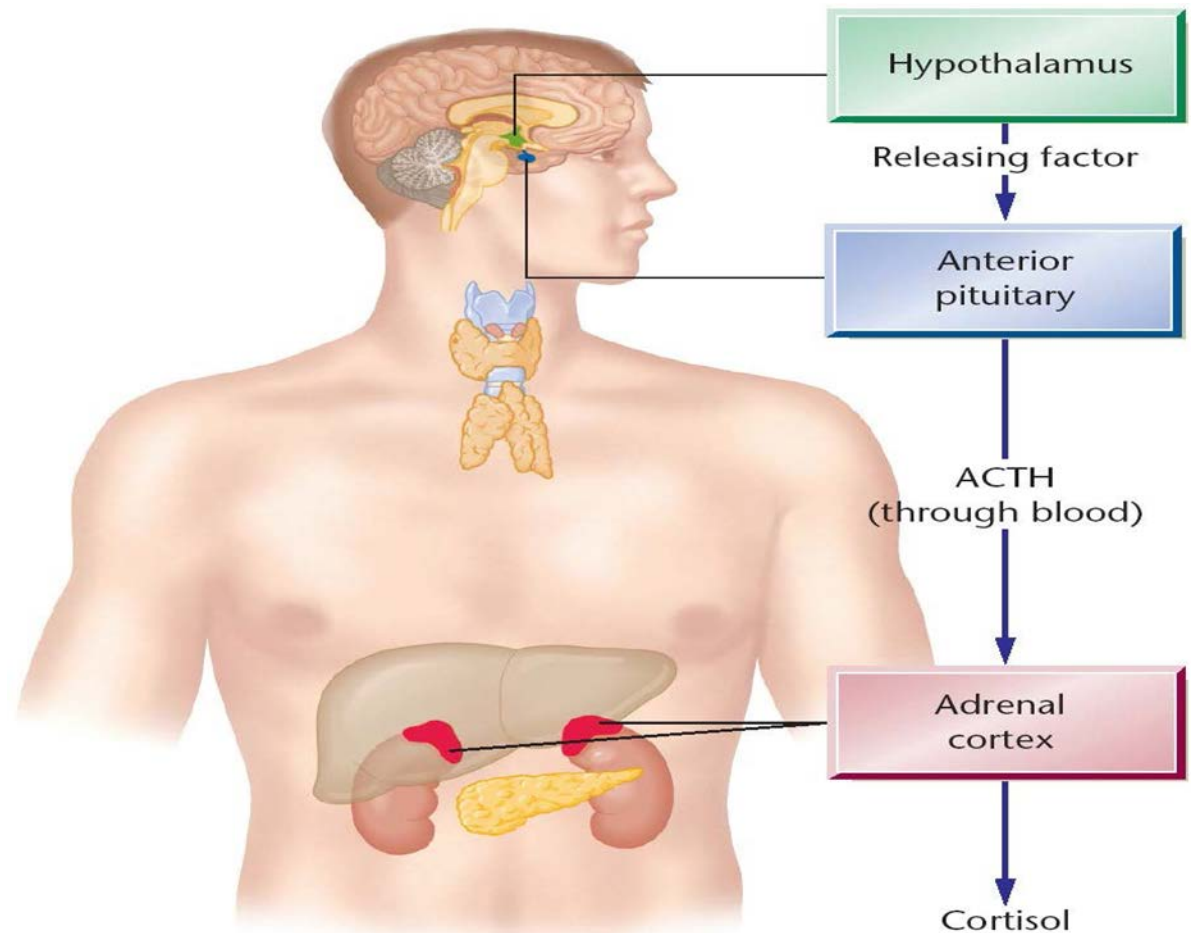
THE AUTONOMIC NERVOUS SYSTEM

The parasympathetic nervous system, which regulates day-to-day internal processes and behavior, is shown on the left. The sympathetic nervous system, which regulates internal processes and behavior in stressful situations, is shown on the right. Note that, on their way to and from the spinal cord, the nerve fibers of the sympathetic nervous system innervate, or make connections with ganglia, specialized clusters of neuron chains.

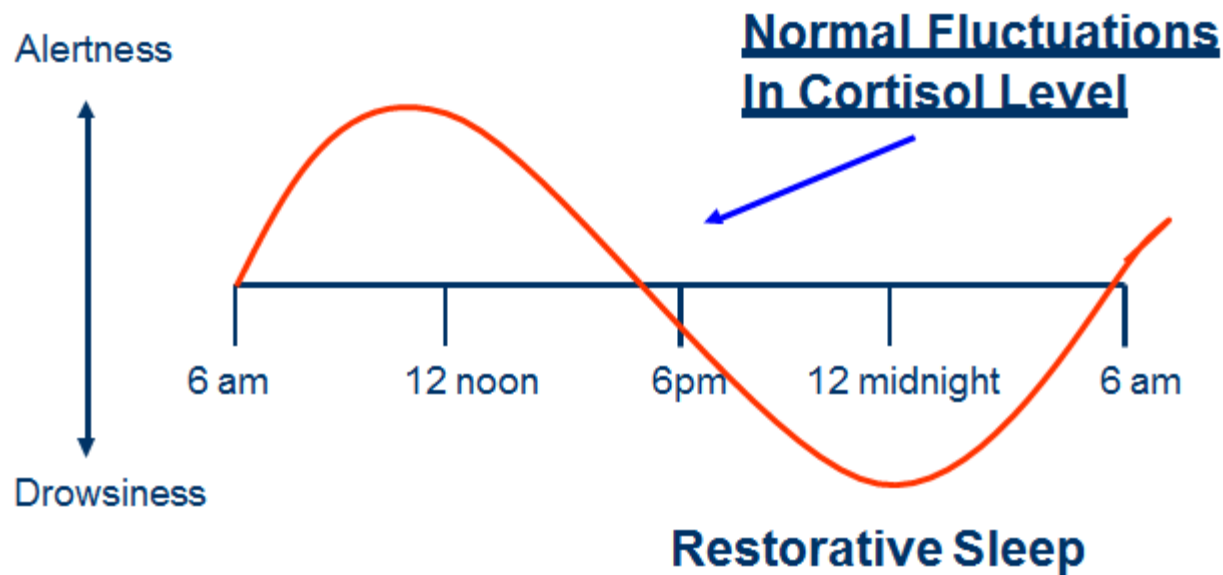


The Hypothalamic-pituitary-adrenal (HPA) Axis

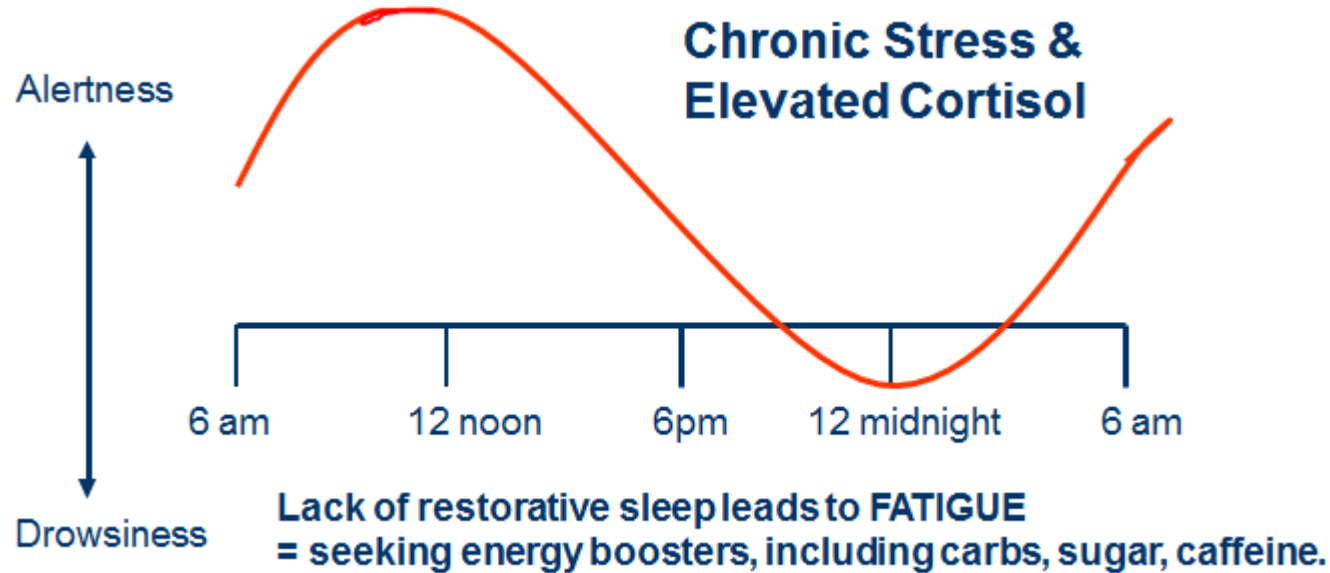
- The HPA axis is a feedback loop by which signals from the brain trigger the release of hormones needed to respond to stress. Because of its function, the HPA axis is also called the “stress circuit”.



Cortisol & Circadian Rhythms



Cortisol & Circadian Rhythms



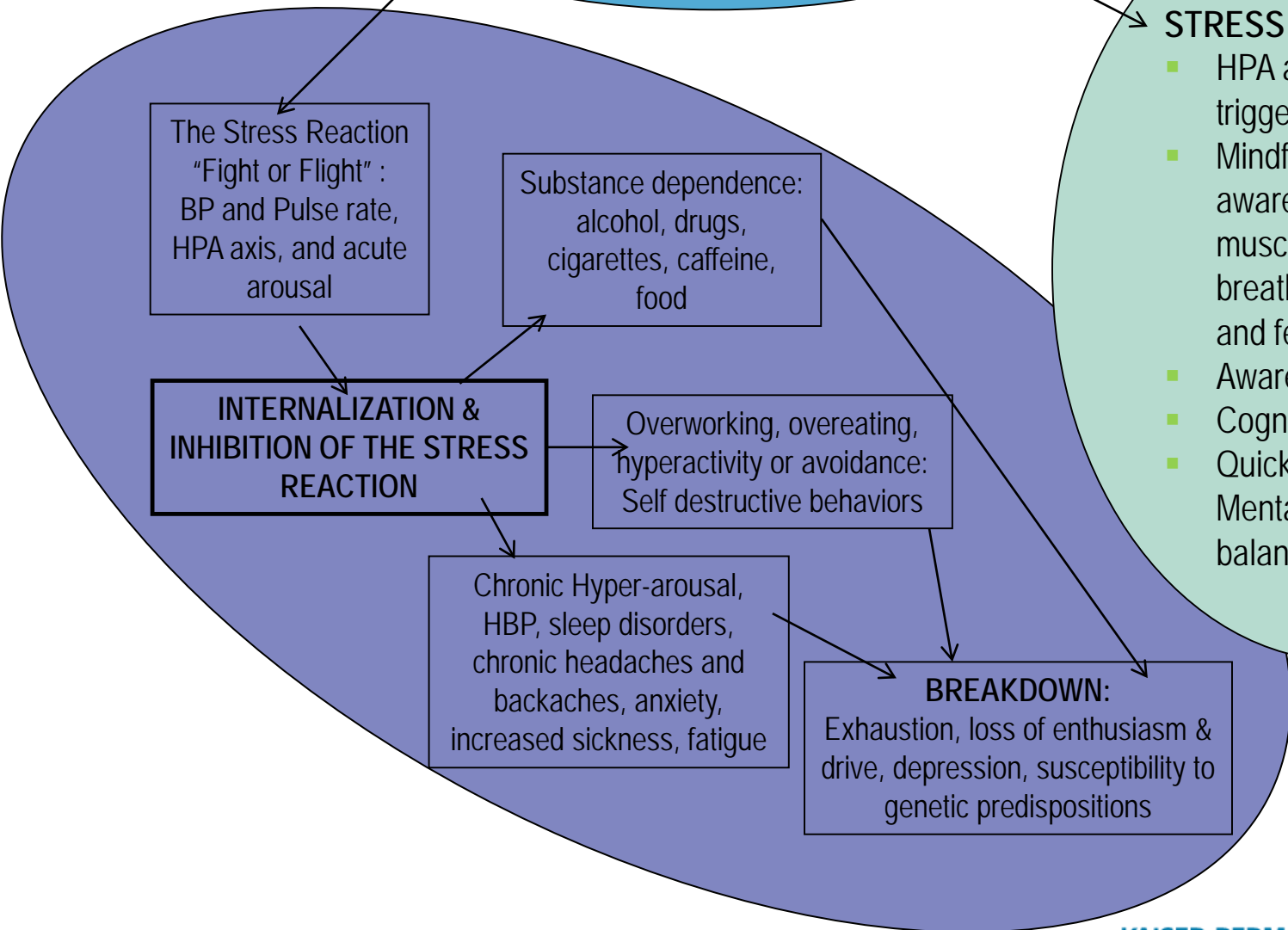
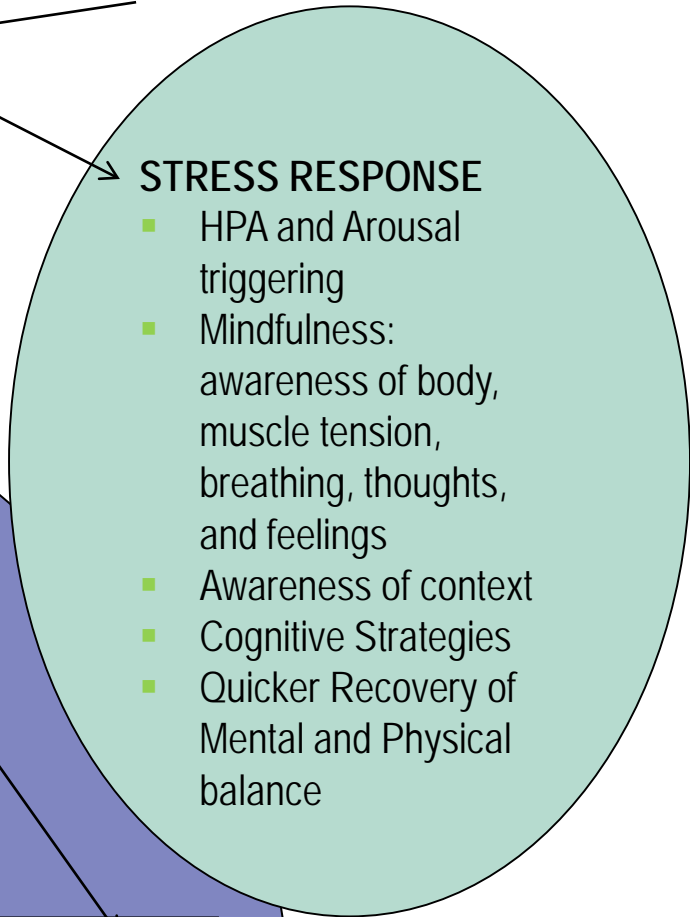
Elevated Cortisol Leads to...

- First release of sugar from fat cells
- To speed up short term brain function
- Causes long-term raised sugar levels related to type 2 diabetes
- And storage of fat in abdominal area



External Stress Event

Internal Stress Event



Stressful Emotions

- Anger
- Bored
- Lonely
- Deprived
- Frustrated
- Anxious
- The list goes on....What are your feelings?



Positive Emotions

- Love
- Appreciation
- Gratitude
- Kindness
- Compassion
- Forgiveness
- For Yourself or Others



Eating Patterns that Develop

- Eat when you're not hungry?
- Skip meals and binge on snacks?
- Eat large meals and stuff yourself?
- Sneak food when others aren't around?
- Try and 'fail' multiple diets?
- Hide food, your 'stash' of goodies?



Comfort Foods

- What is your favorite comfort food?
- What feelings come from eating it?
- How about right before?
- Or during?
- Or after eating it?



What is the Alternative

- Understand what your triggers & stressors are
- Develop your stress management skills
- Begin to apply this when you notice the stressors are triggering desire to eat
- This is the Stress Response!!



Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



Healthy weight
Managing stress
Physical activity
Eating healthy
Quitting tobacco



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

Resources

- <http://www.kp.org/listen>
 - You will find guided imagery exercise for weight loss, as well as other stress management skills.
- <http://www.kp.org/mindbody>
 - Additional information about stress management and the Mind Body Connection & Wellness
- <http://www.nlm.nih.gov/medlineplus/stress.html>
 - National Institute of Health

Thank You

Who has the first question?

