

# Lothian Weight Management Service Tier 3 Workbook



**Lothian Weight Management Service**

**0131 537 9169**

## Weight chart

You can use this to keep track of your progress:

| Date | Weight (kg) | Weight (Stone/lbs) |
|------|-------------|--------------------|
|      |             |                    |
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## My weight loss goal

My 2.5% weight loss goal: \_\_\_\_\_

My 5-10% weight loss goal: \_\_\_\_\_

## How do I work out my weight loss goal?

To work out your weight loss goal, use the following method:

Your starting weight (in kg- use the conversion chart on the next page if needed) is divided by 100 and then multiplied by the percentage. Your target weight would be your starting weight minus your weight loss goal.

For example:  $150\text{kg} \div 100 \times 2.5 = 3.75\text{kg}$  – in this case, you would aim to lose 3.75kg.

$150 - 3.75\text{kg} = 146.25\text{kg}$  – this would be your target weight.

## Weight conversion chart

| Kg   | St | lb   |
|------|----|------|
| 75.0 | 11 | 11 ½ |
| 75.5 | 11 | 12 ½ |
| 76.0 | 12 | 0    |
| 76.5 | 12 | 1    |
| 77.0 | 12 | 2    |
| 77.5 | 12 | 3    |
| 78.0 | 12 | 4    |
| 78.5 | 12 | 5    |
| 79.0 | 12 | 6    |
| 79.5 | 12 | 7 ½  |
| 80.0 | 12 | 8 ½  |
| 80.5 | 12 | 9 ½  |
| 81.0 | 12 | 10 ½ |
| 81.5 | 12 | 11 ½ |
| 82.0 | 12 | 13   |
| 82.5 | 12 | 14   |
| 83.0 | 13 | 1    |
| 83.5 | 13 | 2    |
| 84.0 | 13 | 3    |
| 84.5 | 13 | 4 ½  |
| 85.0 | 13 | 5 ½  |
| 85.5 | 13 | 6 ½  |
| 86.0 | 13 | 7 ½  |
| 86.5 | 13 | 8 ½  |
| 87.0 | 13 | 10   |
| 87.5 | 13 | 11   |
| 88.0 | 13 | 12   |
| 88.5 | 13 | 13   |
| 89.0 | 14 | 0    |
| 89.5 | 14 | 1 ½  |
| 90.0 | 14 | 2 ½  |
| 90.5 | 14 | 3 ½  |
| 91.0 | 14 | 4 ½  |
| 91.5 | 14 | 6    |
| 92.0 | 14 | 7    |
| 92.5 | 14 | 8    |
| 93.0 | 14 | 9    |
| 93.5 | 14 | 10   |
| 94.0 | 14 | 11 ½ |
| 94.5 | 14 | 12 ½ |
| 95.0 | 14 | 13 ½ |

| Kg    | St | lb   |
|-------|----|------|
| 95.5  | 15 | 0 ½  |
| 96.0  | 15 | 1 ½  |
| 96.5  | 15 | 3    |
| 97.0  | 15 | 4    |
| 97.5  | 15 | 5    |
| 98.0  | 15 | 6    |
| 98.5  | 15 | 7    |
| 99.0  | 15 | 8 ½  |
| 99.5  | 15 | 9 ½  |
| 100.0 | 15 | 10 ½ |
| 100.0 | 15 | 10 ½ |
| 100.5 | 15 | 11 ½ |
| 101.0 | 15 | 12 ½ |
| 101.5 | 15 | 14   |
| 102.0 | 16 | 1    |
| 102.5 | 16 | 2    |
| 103.0 | 16 | 3    |
| 103.5 | 16 | 4    |
| 104.0 | 16 | 5 ½  |
| 104.5 | 16 | 6 ½  |
| 105.0 | 16 | 7 ½  |
| 105.5 | 16 | 8 ½  |
| 106.0 | 16 | 9 ½  |
| 106.5 | 16 | 11   |
| 107.0 | 16 | 12   |
| 107.5 | 16 | 13   |
| 108.0 | 17 | 0    |
| 108.5 | 17 | 1    |
| 109.0 | 17 | 2 ½  |
| 109.5 | 17 | 3 ½  |
| 110.0 | 17 | 4 ½  |
| 110.5 | 17 | 5 ½  |
| 111.0 | 17 | 7    |
| 111.5 | 17 | 8    |
| 112.0 | 17 | 9    |
| 112.5 | 17 | 10   |
| 113.0 | 17 | 11   |
| 113.5 | 17 | 12 ½ |
| 114.0 | 17 | 13 ½ |
| 114.5 | 18 | 0 ½  |
| 115.0 | 18 | 1 ½  |

| Kg    | St | lb   |
|-------|----|------|
| 115.5 | 18 | 2 ½  |
| 116.0 | 18 | 4    |
| 116.5 | 18 | 5    |
| 117.0 | 18 | 6    |
| 117.5 | 18 | 7    |
| 118.0 | 18 | 8    |
| 118.5 | 18 | 9 ½  |
| 119.0 | 18 | 10 ½ |
| 119.5 | 18 | 11 ½ |
| 120.0 | 18 | 12 ½ |
| 120.5 | 18 | 13 ½ |
| 121.0 | 19 | 1    |
| 121.5 | 19 | 2    |
| 122.0 | 19 | 3    |
| 122.5 | 19 | 4    |
| 123.0 | 19 | 5    |
| 123.5 | 19 | 6 ½  |
| 124.0 | 19 | 7 ½  |
| 124.5 | 19 | 8 ½  |
| 125.0 | 19 | 9 ½  |
| 125.5 | 19 | 10 ½ |
| 126.0 | 19 | 12   |
| 126.5 | 19 | 13   |
| 127.0 | 20 | 0    |
| 127.5 | 20 | 1    |
| 128.0 | 20 | 2    |
| 128.5 | 20 | 3 ½  |
| 129.0 | 20 | 4 ½  |
| 129.5 | 20 | 5 ½  |
| 130.0 | 20 | 6 ½  |
| 130.5 | 20 | 8    |
| 131.0 | 20 | 9    |
| 131.5 | 20 | 10   |
| 132.0 | 20 | 11   |
| 132.5 | 20 | 12   |
| 133.0 | 20 | 13 ½ |
| 133.5 | 21 | 0 ½  |
| 134.0 | 21 | 1 ½  |
| 134.5 | 21 | 2 ½  |
| 135.0 | 21 | 3 ½  |
| 135.5 | 21 | 5    |

| Kg    | St | lb   |
|-------|----|------|
| 136.0 | 21 | 6    |
| 136.5 | 21 | 7    |
| 137.0 | 21 | 8    |
| 137.5 | 21 | 9    |
| 138.0 | 21 | 10 ½ |
| 138.5 | 21 | 11 ½ |
| 139.0 | 21 | 12 ½ |
| 139.5 | 21 | 13 ½ |
| 140.0 | 22 | 0 ½  |
| 140.5 | 22 | 2    |
| 141.0 | 22 | 3    |
| 141.5 | 22 | 4    |
| 142.0 | 22 | 5    |
| 142.5 | 22 | 6    |
| 143.0 | 22 | 7 ½  |
| 143.5 | 22 | 8 ½  |
| 144.0 | 22 | 9 ½  |
| 144.5 | 22 | 10 ½ |
| 145.0 | 22 | 11 ½ |
| 145.5 | 22 | 13   |
| 146.0 | 22 | 14   |
| 146.5 | 23 | 1    |
| 147.0 | 23 | 2    |
| 147.5 | 23 | 3    |
| 148.0 | 23 | 4 ½  |
| 148.5 | 23 | 5 ½  |
| 149.0 | 23 | 6 ½  |
| 149.5 | 23 | 7 ½  |
| 150.0 | 23 | 8 ½  |
| 150.5 | 23 | 10   |
| 151.0 | 23 | 11   |
| 151.5 | 23 | 12   |
| 152.0 | 23 | 13   |
| 152.5 | 24 | 0 ½  |
| 153.0 | 24 | 1 ½  |
| 153.5 | 24 | 2 ½  |
| 154.0 | 24 | 3 ½  |
| 154.5 | 24 | 4 ½  |
| 155.0 | 24 | 6    |
| 155.5 | 24 | 7    |
| 156.0 | 24 | 8    |

## Weight conversion chart continued

| Kg    | St | lb   | Kg    | St | lb   | Kg    | St | lb   | Kg    | St | lb   |
|-------|----|------|-------|----|------|-------|----|------|-------|----|------|
| 156.5 | 24 | 9    | 177.0 | 27 | 12 ½ | 197.5 | 31 | 1 ½  | 218.0 | 34 | 4 ½  |
| 157.0 | 24 | 10   | 177.5 | 27 | 13 ½ | 198.0 | 31 | 2 ½  | 218.5 | 34 | 6    |
| 157.5 | 24 | 11 ½ | 178.0 | 28 | 0 ½  | 198.5 | 31 | 3 ½  | 219.0 | 34 | 7    |
| 158.0 | 24 | 12 ½ | 178.5 | 28 | 1 ½  | 199.0 | 31 | 5    | 220.0 | 34 | 9    |
| 158.5 | 24 | 13 ½ | 179.0 | 28 | 2 ½  | 199.5 | 31 | 6    | 220.5 | 34 | 10   |
| 159.0 | 25 | 0 ½  | 179.5 | 28 | 4    | 200.0 | 31 | 7    | 221.0 | 34 | 11 ½ |
| 159.5 | 25 | 1 ½  | 180.0 | 28 | 5    | 200.5 | 31 | 8    | 221.5 | 34 | 12 ½ |
| 160.0 | 25 | 3    | 180.5 | 28 | 6    | 201.0 | 31 | 9    | 222.0 | 34 | 13 ½ |
| 160.5 | 25 | 4    | 181.0 | 28 | 7    | 201.5 | 31 | 10 ½ | 222.5 | 35 | 0 ½  |
| 161.0 | 25 | 5    | 181.5 | 28 | 8    | 202.0 | 31 | 11 ½ | 223.0 | 35 | 1 ½  |
| 161.5 | 25 | 6    | 182.0 | 28 | 9 ½  | 202.5 | 31 | 12 ½ | 223.5 | 35 | 3    |
| 162.0 | 25 | 7    | 182.5 | 28 | 10 ½ | 203.0 | 31 | 13 ½ | 224.0 | 35 | 4    |
| 162.5 | 25 | 8 ½  | 183.0 | 28 | 11 ½ | 203.5 | 32 | 0 ½  | 224.5 | 35 | 5    |
| 163.0 | 25 | 9 ½  | 183.5 | 28 | 12 ½ | 204.0 | 32 | 2    | 225.0 | 35 | 6    |
| 163.5 | 25 | 10 ½ | 184.0 | 28 | 13 ½ | 204.5 | 32 | 3    | 225.5 | 35 | 7    |
| 164.0 | 25 | 11 ½ | 184.5 | 29 | 1    | 205.0 | 32 | 4    | 226.0 | 35 | 8 ½  |
| 164.5 | 25 | 12 ½ | 185.0 | 29 | 2    | 205.5 | 32 | 5    | 226.5 | 35 | 9 ½  |
| 165.0 | 25 | 14   | 185.5 | 29 | 3    | 206.0 | 32 | 6    | 227.0 | 35 | 10 ½ |
| 165.5 | 26 | 1    | 186.0 | 29 | 4    | 206.5 | 32 | 7 ½  | 227.5 | 35 | 11 ½ |
| 166.0 | 26 | 2    | 186.5 | 29 | 5    | 207.0 | 32 | 8 ½  | 228.0 | 35 | 12 ½ |
| 166.5 | 26 | 3    | 187.0 | 29 | 6 ½  | 207.5 | 32 | 9 ½  | 228.5 | 35 | 14   |
| 167.0 | 26 | 4    | 187.5 | 29 | 7 ½  | 208.0 | 32 | 10 ½ | 229.0 | 36 | 1    |
| 167.5 | 26 | 5 ½  | 188.0 | 29 | 8 ½  | 208.5 | 32 | 11 ½ | 229.5 | 36 | 2    |
| 168.0 | 26 | 6 ½  | 188.5 | 29 | 9 ½  | 209.0 | 32 | 13   | 230.0 | 36 | 3    |
| 168.5 | 26 | 7 ½  | 189.0 | 29 | 10 ½ | 209.5 | 32 | 14   | 230.5 | 34 | 4 ½  |
| 169.0 | 26 | 8 ½  | 189.5 | 29 | 12   | 210.0 | 33 | 1    | 231.0 | 36 | 5 ½  |
| 169.5 | 26 | 9 ½  | 190.0 | 29 | 13   | 210.5 | 33 | 2    | 231.5 | 36 | 6 ½  |
| 170.0 | 26 | 11   | 190.5 | 30 | 0    | 211.0 | 33 | 3 ½  | 232.0 | 36 | 7 ½  |
| 170.5 | 26 | 12   | 191.0 | 30 | 1    | 211.5 | 33 | 4 ½  | 232.5 | 36 | 8 ½  |
| 171.0 | 26 | 13   | 191.5 | 30 | 2 ½  | 212.0 | 33 | 5 ½  | 233.0 | 36 | 10   |
| 171.5 | 27 | 0    | 192.0 | 30 | 3 ½  | 212.5 | 33 | 6 ½  | 233.5 | 36 | 11   |
| 172.0 | 27 | 1 ½  | 192.5 | 30 | 4 ½  | 213.0 | 33 | 7 ½  | 234.0 | 36 | 12   |
| 172.5 | 27 | 2 ½  | 193.0 | 30 | 5 ½  | 213.5 | 33 | 9    | 234.5 | 36 | 13   |
| 173.0 | 27 | 3 ½  | 193.5 | 30 | 6 ½  | 214.0 | 33 | 10   | 235.0 | 37 | 0    |
| 173.5 | 27 | 4 ½  | 194.0 | 30 | 8    | 214.5 | 33 | 11   | 235.5 | 37 | 1 ½  |
| 174.0 | 27 | 5 ½  | 194.5 | 30 | 9    | 215.0 | 33 | 12   | 236.0 | 37 | 2 ½  |
| 174.5 | 27 | 7    | 195.0 | 30 | 10   | 215.5 | 33 | 13   | 236.5 | 37 | 3 ½  |
| 175.0 | 27 | 8    | 195.5 | 30 | 11   | 216.0 | 34 | 0 ½  | 237.0 | 37 | 4 ½  |
| 175.5 | 27 | 9    | 196.0 | 30 | 12   | 216.5 | 34 | 1 ½  | 237.5 | 37 | 5 ½  |
| 176.0 | 27 | 10   | 196.5 | 30 | 13 ½ | 217.0 | 34 | 2 ½  | 238.0 | 37 | 7    |
| 176.5 | 27 | 11   | 197.0 | 31 | 0 ½  | 217.5 | 34 | 3 ½  | 238.5 | 37 | 8    |

## Weight conversion chart continued

| Kg    | St | lb   |
|-------|----|------|
| 239.0 | 37 | 9    |
| 239.5 | 37 | 10   |
| 240.0 | 37 | 11   |
| 240.5 | 37 | 12 ½ |
| 241.0 | 37 | 13 ½ |
| 241.5 | 38 | 0 ½  |
| 242.0 | 38 | 1 ½  |
| 242.5 | 38 | 2 ½  |
| 243.0 | 38 | 4    |
| 243.5 | 38 | 5    |
| 244.0 | 38 | 6    |
| 244.5 | 38 | 7    |
| 245.0 | 38 | 8    |
| 245.5 | 38 | 9 ½  |
| 246.0 | 38 | 10 ½ |
| 246.5 | 38 | 11 ½ |
| 247.0 | 38 | 12 ½ |
| 247.5 | 38 | 13 ½ |
| 248.0 | 39 | 1    |
| 248.5 | 39 | 2    |
| 249.0 | 39 | 3    |
| 249.5 | 39 | 4    |
| 250.0 | 39 | 5    |
| 250.5 | 39 | 6 ½  |
| 251.0 | 39 | 7 ½  |
| 251.5 | 39 | 8 ½  |
| 252.0 | 39 | 9 ½  |
| 252.5 | 39 | 11   |
| 253.0 | 39 | 12   |
| 253.5 | 39 | 13   |
| 254.0 | 40 | 0    |

| Kg    | St | lb   |
|-------|----|------|
| 254.5 | 40 | 1    |
| 255.0 | 40 | 2 ½  |
| 255.5 | 40 | 3 ½  |
| 256.0 | 40 | 4 ½  |
| 256.5 | 40 | 5 ½  |
| 257.0 | 40 | 6 ½  |
| 257.5 | 40 | 8    |
| 258.0 | 40 | 9    |
| 258.5 | 40 | 10   |
| 259.0 | 40 | 11   |
| 259.5 | 40 | 12   |
| 260.0 | 40 | 13 ½ |
| 260.5 | 41 | 0 ½  |
| 261.0 | 41 | 1 ½  |
| 261.5 | 41 | 2 ½  |
| 262.0 | 41 | 3 ½  |
| 262.5 | 41 | 5    |
| 263.0 | 41 | 6    |
| 263.5 | 41 | 7    |
| 264.0 | 41 | 8    |
| 264.5 | 41 | 9    |
| 265.0 | 41 | 10 ½ |
| 265.5 | 41 | 11 ½ |
| 266.0 | 41 | 12 ½ |
| 266.5 | 41 | 13 ½ |
| 267.0 | 42 | 0 ½  |
| 267.5 | 42 | 2    |
| 268.0 | 42 | 3    |
| 268.5 | 42 | 4    |
| 269.0 | 42 | 5    |
| 269.5 | 42 | 6    |

| Kg    | St | lb   |
|-------|----|------|
| 270.0 | 42 | 7 ½  |
| 270.5 | 42 | 8 ½  |
| 271.0 | 42 | 9 ½  |
| 271.5 | 42 | 10 ½ |
| 272.0 | 42 | 12   |
| 272.5 | 42 | 13   |
| 273.0 | 42 | 14   |
| 273.5 | 43 | 1    |
| 274.0 | 43 | 2    |
| 274.5 | 43 | 3 ½  |
| 275.0 | 43 | 4 ½  |
| 275.5 | 43 | 5 ½  |
| 276.0 | 43 | 6 ½  |
| 276.5 | 43 | 7 ½  |
| 277.0 | 43 | 9    |
| 277.5 | 43 | 10   |
| 278.0 | 43 | 11   |
| 278.5 | 43 | 12   |
| 279.0 | 43 | 13   |
| 279.5 | 44 | 0 ½  |
| 280.0 | 44 | 1 ½  |
| 280.5 | 44 | 2 ½  |
| 281.0 | 44 | 3 ½  |
| 281.5 | 44 | 4 ½  |
| 282.0 | 44 | 6    |
| 282.5 | 44 | 7    |
| 283.0 | 44 | 8    |
| 283.5 | 44 | 9    |
| 284.0 | 44 | 10   |
| 284.5 | 44 | 11 ½ |
| 285.0 | 44 | 12 ½ |

| Kg    | St | lb   |
|-------|----|------|
| 285.5 | 44 | 13 ½ |
| 286.0 | 45 | 0 ½  |
| 286.5 | 45 | 1 ½  |
| 287.0 | 45 | 3    |
| 287.5 | 45 | 4    |
| 288.0 | 45 | 5    |
| 288.5 | 45 | 6    |
| 289.0 | 45 | 7    |
| 289.5 | 45 | 8 ½  |
| 290.0 | 45 | 9 ½  |
| 290.5 | 45 | 10 ½ |
| 291.0 | 45 | 11 ½ |
| 291.5 | 45 | 13   |
| 292.0 | 45 | 14   |
| 292.5 | 46 | 1    |
| 293.0 | 46 | 2    |
| 293.5 | 46 | 3    |
| 294.0 | 46 | 4 ½  |
| 294.5 | 46 | 5 ½  |
| 295.0 | 46 | 6 ½  |
| 295.5 | 46 | 7 ½  |
| 296.0 | 46 | 8 ½  |
| 296.5 | 46 | 10   |
| 297.0 | 46 | 11   |
| 297.5 | 46 | 12   |
| 298.0 | 46 | 13   |
| 298.5 | 47 | 0    |
| 299.0 | 47 | 1 ½  |
| 299.5 | 47 | 2 ½  |
| 300.0 | 47 | 3 ½  |

## Goal setting

When you are setting goals, try to make them SMART goals. SMART stands for:

Specific

Measurable

Achievable

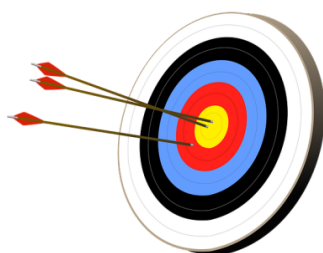
Realistic

Timely

Think about the barriers and challenges you face when it comes to a healthy lifestyle and your overall weight loss journey. Consider your expectations and where you think you might want to start. These are just some ideas and examples to get you thinking about goal setting:

- Have a balanced breakfast, lunch and evening meal every day
- Change my cooking methods to healthier options e.g. Steam, grill, poach, boil and avoid adding fat if you can
- Aim to drink between 1-2 litres of water per day
- Use the stairs instead of taking the lift or escalator
- Switch my milk to a lower fat version
- Avoid full sugar drinks and change to sugar free options
- Make a weekly meal planner
- Try to add small walks into your day – can you walk instead of taking the car? Or get off a bus stop earlier
- Aim for 2 portions of fruit and 3 portions of vegetables per day (or increase from current intake)
- Eat fish at least once a week
- Have at least 2 alcohol free days per week
- Slow down my pace of eating (it takes 20 minutes for your brain to realise you are full.)
- Avoid too many distractions when eating, such as watching TV.

## GOAL SETTING



## Goals

We encourage you to write down a few small, realistic goals each fortnight that you think will be achievable for you to meet. This will help you keep focused and motivated. Your goals should be easy to manage and not too overwhelming. Don't set yourself a weight based goal. Think about what parts of your lifestyle you want to improve on. Please use this page to set goals each session.



### Session 1

1)

2)

3)

### Session 2

1)

2)

3)

### Session 3

1)

2)

3)

### Session 4

1)

2)

3)

### Session 5

1)

2)

3)

### Session 6

1)

2)

3)

## Case studies

We will follow Daisy and Dave throughout the programme and use them to help us explain situations and examples.

**Daisy** has struggled with her weight for many years and has tried several diets in the past. She has managed to lose some weight in the past on these diets but has never managed to keep the weight off after stopping the diet and has regained the weight and more, over the years.

Daisy is a mum of 2 with a partner who is not very supportive, because he does not feel he needs to lose weight. He eats what he wants. She works part time on shift work and the rest of her time is spent looking after the family. They have a family dog. She finds she has a lot of demands on her time and not much time for herself as she always puts others first. She feels she should be able to get her weight under control as she has managed in the past when she was younger and gets frustrated with her lack of progress. Daisy struggles with time management and will often rely on convenience foods.

**Dave** has never felt he had any issues regarding his weight when he was younger. He managed to maintain his weight whilst he was working in an active, physical job. Since retiring he has noticed his weight increasing and on a recent visit to the GP his blood pressure has increased. His GP has started him on medication which he dislikes. His GP advised him to lose weight and talked about the potential risks of being overweight.

Dave lives on his own and doesn't cook. He relies on convenience and takeaway foods. He feels fine, so doesn't see why he has to lose weight, but thinking about what the GP said he would like to lose weight but doesn't know where to start and he's not sure if he'll be able to do it.



## Self-help resources and community-based services

### Books

#### Eating/Eating Disorders/Body Image

- The Compassionate Mind Approach to Beating Overeating: Ken Goss
- Overcoming Binge Eating: *Dr. Christopher G. Fairburn*
- Overcoming Weight Problems: *Clare Grace, Vicky Lawson & Jeremy Gauntlett-Gilbert*
- Understanding Your Eating: How to Eat and Not Worry About It: *Julia Buckroyd*
- Overcoming Bulimia Nervosa and Binge-Eating: *Professor Peter Cooper*
- Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders: *Ulrike Schmidt*
- 50 Ways to Soothe Yourself Without Food: *Susan Albers*
- The Weight Escape: **Ann Bailey, Joseph Ciarrochi & Russ Harris**
- Living With Your Body & Other Things You Hate: **Emily K. Sandoz & Troy DuFrene**
- End Emotional Eating: **Jennifer Taitz**
- The Body Image Workbook: *Thomas Cash*

#### Compassion / mindfulness / values-based approaches

- The Compassionate Mind: *Paul Gilbert*
- The Happiness Trap: *Russ Harris*
- Get Out of Your Mind and into Your Life: *Steven Hayes and Spencer Smith*

*You might be able to find second hand or electronic copies of these books at a lower price. Public libraries are usually another good source and some GP practices have 'book prescribing' or 'healthy reading' schemes.*

### Websites

|  |  |
|--|--|
| <b>BEAT</b> eating disorders charity (they have a helpline and sometimes are able to provide guided self-help sessions)                          | <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>   |
| <b>Centre for Clinical Interventions</b> disordered eating self-help guide (the website also has self-help guides for other common difficulties) | <a href="http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating">www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating</a>   |
| <b>NHS GGC Weight Management Emotion Talks</b> (link to YouTube talks and handouts towards bottom of page):                                      | <a href="http://www.nhs.uk/ggc/hospitals-services/services-a-to-z/specialist-weight-management-service-swms/psychology/">www.nhs.uk/ggc/hospitals-services/services-a-to-z/specialist-weight-management-service-swms/psychology/</a> |
| <b>ASDAH</b> Association for Size Diversity & Health, follows Health at Every Size® principles   | <a href="http://www.asdah.org">www.asdah.org</a>   |
| <b>NHS Lothian Wellbeing website</b> (includes guidance and recommended resources for a  | <a href="http://www.wellbeinglothian.scot">www.wellbeinglothian.scot</a>   |

|   |  |
|---|--|
| <p>range of difficulties, including managing emotions, low mood, anxiety and panic, chronic pain, stress management, sleep difficulties, low energy, understanding trauma, coping with change, as well as suggested resources from the weight management psychology team)</p> <p><b>ithrive Edinburgh</b> (Edinburgh Mental Health Information)<br/> <b>Midspace</b> (Midlothian Mental Health &amp; Wellbeing Information)<br/> <b>Eastspace</b> (East Lothian Mental Health Information)<br/> <b>Westspace</b> (West Lothian Mental Health Information)</p> | <p><a href="http://www.ithriveedinburgh.org.uk/">www.ithriveedinburgh.org.uk/</a></p> <p><a href="http://www.midspace.co.uk">www.midspace.co.uk</a></p> <p><a href="http://www.eastspace.org.uk">www.eastspace.org.uk</a></p> <p><a href="http://www.westspace.org.uk">www.westspace.org.uk</a></p>  |
| <b>NHS Inform</b> (Health Information and self-help guides)   | <a href="http://www.nhsinform.scot">www.nhsinform.scot</a>   |
| <b>Mindfulness and self-compassion meditations</b>  | <p><a href="https://self-compassion.org/guided-self-compassion-meditations-mp3-2">https://self-compassion.org/guided-self-compassion-meditations-mp3-2</a></p> <p><a href="http://www.chrisgermer.com/meditations">www.chrisgermer.com/meditations</a></p>   |
| <p><b>Diabetes</b></p> <p><b>Gestational diabetes</b></p> <p><b><u>ONLINE COURSES</u></b></p> <p><b>Stress Control</b><br/> <b>Computerised CBT</b> for low mood and anxiety</p> <p><b><u>HELPLINES</u></b></p> <p><b>Breathing Space</b></p> <p><b>Samaritans</b></p> <p><b>Age Scotland</b> (for people over 50)</p> <p><b>Silverline</b> (for people over 55)</p>  | <p><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></p> <p><a href="http://www.mydiabetesmyway.scot.nhs.uk">www.mydiabetesmyway.scot.nhs.uk</a></p> <p><a href="http://www.gestationaldiabetes.co.uk">www.gestationaldiabetes.co.uk</a></p> <p><a href="http://www.stresscontrol.org">www.stresscontrol.org</a><br/> Available via GP referral</p> <p>0800 83 85 87<br/> Monday-Thursday 6pm-2am<br/> <i>Weekend:</i> Friday 6pm-Monday 6am</p> <p>116 123, Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p>0800 12 44 222</p> <p>0800 4 70 80 90</p> |

|   |  |
|---|--|
| <p><b><u>SUPPORT FOR CARERS</u></b></p> <p><b>Scottish Government</b> information<br/> <b>Carers UK</b><br/> <b>Care Information Scotland</b></p> <p><b>Vocal</b> (Edinburgh and Midlothian)</p> <p><b>Carers of East Lothian</b><br/> <b>Carers of West Lothian</b></p> <p><b><u>APPS</u></b></p> <p><b>Sleepio</b> (for sleep difficulties)<br/> <b>Daylight</b> (for anxiety and stress)</p> | <p><a href="http://www.mygov.scot/carer-support">www.mygov.scot/carer-support</a><br/> <a href="http://www.carersuk.org/scotland">www.carersuk.org/scotland</a><br/> <a href="http://www.careinfoscotland.scot">www.careinfoscotland.scot</a><br/> 0800 011 3200 Mon to Fri, 8am to 10pm Sat and Sun, 9am to 5pm</p> <p><a href="http://www.vocal.org.uk">www.vocal.org.uk</a><br/> <a href="http://www.coel.org.uk">www.coel.org.uk</a><br/> <a href="http://www.carers-westlothian.com">www.carers-westlothian.com</a></p> <p><a href="http://www.sleepio.com/nhs">www.sleepio.com/nhs</a><br/> <a href="http://www.trydaylight.com/nhs">www.trydaylight.com/nhs</a></p> |
|---|--|

## Expectations

Think about what you would like to achieve over the next few months and what expectations you have for yourself and us, as a service. We also have a few expectations for you, we hope you will be able to follow these but if you ever want to discuss these further, please speak to your Dietitian.

### Expectations for yourself:

- 
- 
- 
- 

### Expectations for the Weight Management Service:

- 
- 
- 

### Our expectations for you:

- Commit to the programme, attending at least 4 out of 6 sessions
- Speak to your Dietitian if you have a problem attending (please note that if you are unable to commit to the programme and you stop attending without letting us know, we will refer you back to your GP)

- Ensure your workbook is available at each session
- Arrive on time (as best as you can)
- We won't single you out directly in the group but it is helpful if you can engage in smaller group activities and discussions within the wider group. Your contributions to discussions are valued.



### Looking two years ahead

Think about what life will be like in two years time if you **do** make changes to your lifestyle, and also if you **don't** make any changes. Think about your health, your family, your interests and activities, etc.

| If I <b>do</b> make changes and manage to change my lifestyle... | If I <b>don't</b> make changes and don't manage to change my lifestyle... |
|--|---|
| 1.   | 1.  |
| 2.   | 2.  |
| 3.   | 3.  |

**Success** is most likely when you feel changes are very important to you life, and you feel confident about achieving those changes.



## Healthy eating

What would you expect from a 'healthy lifestyle plan'?

- 
- 
- 
- 
- 

How does this compare to your current dietary intake? Do you need to make any changes to start achieving a healthy balanced lifestyle? Write down any changes you think you can make?

- 
- 
- 
- 

**You may find it useful to keep a food diary. You will find a copy of a food diary at the back of your workbook.**

## Principles of Healthy eating and lifestyle

- Plan to eat three meals a day plus two snacks if needed. Try to have these meals and snacks at regular times. Planning your meals the day before or at the start of the week can help us make better choices
- If you struggle to have regular meals slowly introduce one more meal at a time.
- Can you try take a healthier snack/lunch if out and about of the home to avoid skipping meals.
- Aim for the right balance of **protein**, **starchy carbohydrates**, **fruit**, **vegetables**, **dairy** and **fats** on your plate
- Aim for colours of the rainbow on your plate as you are more likely to get all your vitamins and minerals that way
- Don't forget fluid – sometimes we think we are hungry but we are thirsty
- Avoid distractions while eating (for example watching TV) and focus on enjoying your meal
- Try to eat with others (if you live with others) around a dining table
- Whenever possible, avoid areas where food is kept. Try to keep out of the kitchen between meals and plan what you will do at the end of each meal
- Aim to do regular physical activity
- Aim to get good quality sleep
- Practice self care and relaxation to help manage stress
- Set aside some time daily to reflect on how you are coping
- Don't weigh yourself more than once a week
- Set yourself Specific, Measurable, Achievable, Realistic, Timely goals.

## Meal Planning tips



- Make a weekly meal planner
- Prepare breakfast and lunch the night before such as an overnight oats recipe
- Bulk cook when you have time, freeze into smaller portions and use at a later date
- Freeze or refrigerate leftovers to save time and money.
- Make homemade soups from leftover vegetables
- Choose frozen or tinned fruit and vegetables for convenience Freeze excess food, such as bread and other perishables. Most foods can be frozen, so look at the packaging for guidance

## Mindful eating

This focuses on being fully present in the moment when you are eating. We often rush eating meals or have distractions while eating so this approach helps us pay more attention to the way we eat. It increases our awareness of any thoughts, sensations, feelings you have before, during and after eating. The more you practice mindful eating the easier it will become and can reduce our food intake between 5-50%.



### Mindful eating checklist

- Take your time at meals, chew your food and put your knife and fork down between each mouthful. It can take 20 minutes for your brain to realise you are full
- Avoid distractions while eating such as watching TV or being on your phone
- Listen to your body - Practise recognising when you feel hungry by thinking about what it feels like in your body to feel hungry. When you eat, start with the amount of food you expect to make you feel comfortably full. Try to avoid periods of extreme hunger or extreme fullness. Remember you can always eat more if you still feel hungry.
- Be aware of the smells, taste, textures while eating and be fully present in the moment.

You can try to practice this at home.

See next page for the Eatwell Guide.



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

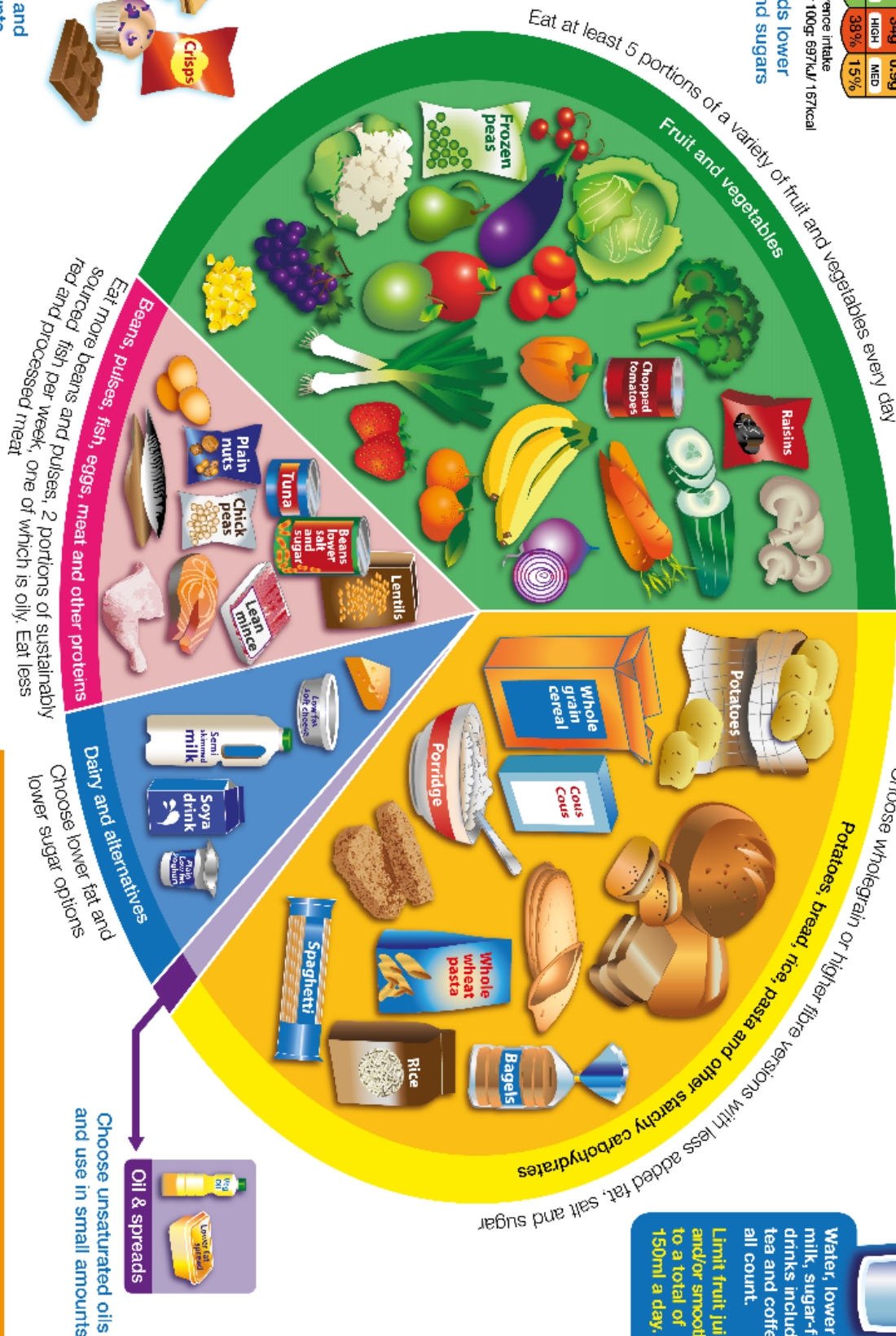
|                             |                    |                          |                       |                     |
|-----------------------------|--------------------|--------------------------|-----------------------|---------------------|
| Energy<br>1048kJ<br>250kcal | Fat<br>3.0g<br>LOW | Saturated<br>1.3g<br>LOW | Sugars<br>34g<br>HIGH | Salt<br>0.9g<br>MED |
| 13%                         | 4%                 | 7%                       | 38%                   | 15%                 |

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



## Why Fibre is important

- Fibre helps us keep full for longer
- It can help lower the risk of heart disease, diabetes and colorectal cancer.
- It helps to prevent constipation and can help lower our cholesterol and blood pressure.
- It Increases beneficial bacteria in our gut.

The general recommendation for adults is to get around 30gr of dietary fibre each day for the general health benefits.

### Fibre rich foods:

- wholegrain cereals
- Wholegrain carbohydrates (e.g. brown rice, brown pasta)
- fruit and vegetables
- nuts and seeds
- Legumes (e.g. lentils, peas and beans)

### When looking at a food label consider the following:

- High in fibre: 6 grams of fibre per 100 gram
- Source of fibre: 3 grams or more per 100 gram

### Tips to increase fibre intake

- swap from white to wholegrain/wholemeal bread, pasta and flours
- opt for wholegrain cereal at breakfast such as porridge/shredded whole wheat/bran cereals
- increase fruit and vegetable intake to meet recommended 5-a-day
- look at food labels for foods high in fibre
- Add a new vegetable or grain to your meal for more variety
- Add more pulses to your diet (beans, lentils, peas etc.)

**Please note: when adding more fibre to your diet remember to drink plenty of fluid**

# Meal building blocks.. example

## Protein

Eggs  
Lamb  
Daal  
Chicken  
Fish/Seafood  
Soya chunks  
Chickpeas  
Lentils  
Beans  
Beef  
Turkey  
Nuts/ nut butters  
Hummous  
Low fat yoghurt  
Low fat cheese...

## Carbs

Wholemeal bread  
Chapatti  
Rice  
Pasta  
Yam  
Grains  
Bulgur wheat  
Couscous  
Potatoes  
Cassava  
Bread  
Plantain  
Oatmeal  
Cereal  
Chips  
Bagel  
Tortilla...

## Fruit/veggies




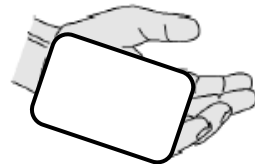

Tomatoes  
Peas  
Okra  
Carrots  
Pak Choi  
Spinach  
Sweet corn  
Mushrooms  
Broccoli  
Grapes  
Strawberries  
Bananas  
Apples  
Berries  
Mandarins  
Oranges  
Raisins  
Dates...

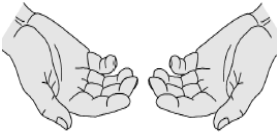




## Healthy Fats

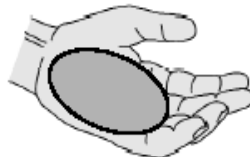


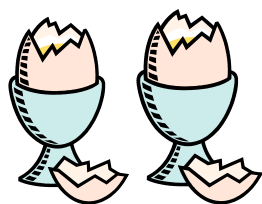


Olive oil  
Rapeseed oil  
Margarine  
Avocado oil..

Foods here are just examples and can differ depending on likes//dietary preferences etc.

## Portion size guide

| Food group   | Examples   | Portion size   | Handy measures   |
|--|--|--|--|
| <b>Carbohydrates</b><br>(starchy food)<br><br><u><b>Aim for 6-8 portions per day</b></u> | Cooked portion of potatoes, rice or pasta, or cereal | 150g cooked pasta or rice (2-3 tablespoons)<br><br>30g or 3 tablespoons of breakfast cereal or 2 weetabix biscuits<br><br>40g or 3 tablespoons of porridge oats<br><br>45g of muesli/granola (2-3 tablespoons)<br><br>120g of boiled potatoes (2 egg sized)<br><br>180g baked potato (with skin) | The size of one fist:<br><br><br>Three thumbs of boiled potatoes:<br><br><br>Clenched fist sized baked potato:<br> |
|  | Bread  | 1 medium (40g) slice of bread  | Each slice the size of your outstretched hand<br>   |
| <b>Fats and oils</b><br><br><u><b>2 portions per day</b></u>                             | Butter, margarine or spreads                         | One teaspoon   | The size of the top of your thumb<br>   |
|  | Olive oil or sunflower oil                           | One teaspoon   |  |
|  | Low fat mayonnaise                                   | Two teaspoons  |  |

| Food group   | Examples   | Portion size   | Handy measures   |
|--|--|--|--|
| <b>Vegetables and fruit</b><br><b><u>5 portions of fruit or vegetables per day</u></b> | <b>Vegetables</b> such as: Sweetcorn, green beans, carrots or broccoli | Three heaped tablespoons of peas, carrots, sweetcorn or mixed vegetables (80g)<br>Half a pepper<br>7 cherry tomatoes<br>80g or a cereal bowlful of salad | Two handfuls:<br>   |
|  | <b>Fruit</b> such as: Grapes, blueberries, apples or satsumas          | 1 medium apple, orange or banana (size of a clenched fist)<br>10-12 grapes<br>15-20 berries (80g)<br>Two plums, apricots, kiwis or satsumas              | One handful<br>   |
|  | Dried fruit such as raisins and apricots                               | One tablespoon or 30g  | A small handful  |
| <b>Dairy</b><br><b><u>2-3 portions per day</u></b>                                     | Semi skimmed milk (can be used in hot drinks or cereals)               | A glass (200ml/1/3 pint)   |  |
|  | Cheese   | 30g of cheese  | The size of two thumbs<br><br><b>Or</b> the size of a small matchbox<br> |
|  | Yoghurt  | Three tablespoons  | a small pot<br>   |

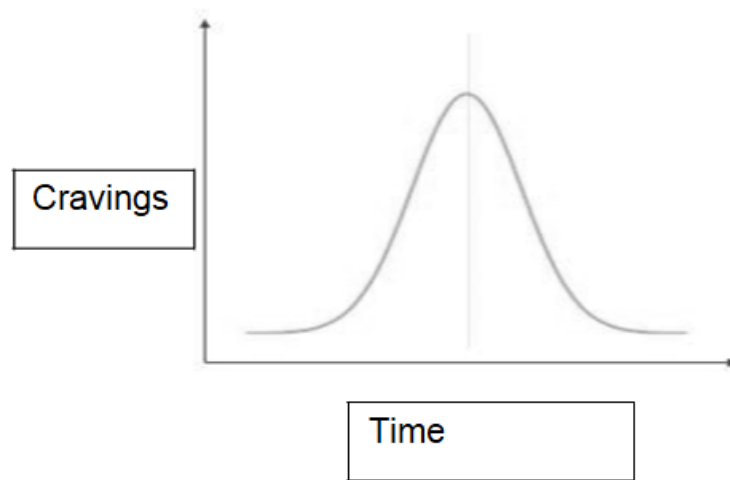
| Food group   | Examples                     | Portion size                                     | Handy measures  |
|--|------------------------------|--|---|
| <b>Protein</b><br><b><u>Aim for 2-3 portions per day</u></b> | Meat or chicken              | 90g of cooked meat                               | <p>The size of the palm of your hand and thickness of your pinkie finger</p>  <p>Or the size of a deck of cards:</p>  |
|  | Fish (oily fish once a week) | 140g of cooked white or oily fish or canned fish | <p>The size of your outstretched hand with fingers</p>   |
|  | Eggs                         | Approximately 120g                               | <p>Two medium eggs</p>   |
|  | Beans or peas                | 150g or four tablespoons                         | <p>a generous handful</p>    |
|  | Nuts                         | 30g or one tablespoon                            | <p>Cupped palmful</p>    |

## Cravings and hunger

### Cravings

- You feel like eating when someone mentions a food you like
- You want to eat if you smell aromas from the bakery or chip shop/take-away
- You still want something sweet even after eating a large meal
- You want food to soothe feelings
- You are trying to satisfy other wants- like friendship, love or support
- You want to eat something when you see it on TV.

A craving may decrease after 20-30 minutes if you can find a method to help you get through the initial urge, without giving in to it. See the cravings wave below.



### Signs of hunger - it's more physical

- You feel an empty, gnawing feeling in your stomach
- You feel light-headed after not eating for hours
- You regularly feel hungry at a particular time.

Try exploring the hunger scale in your food diary. 1 is not hungry, just eaten a meal; 5 is ravenous, missed a meal and needing food now.

## Delay, Distract, Decide

### Delay:

- ▶ Set a time to wait before giving into the craving (20-30 minutes or less). The craving will pass.
- ▶ Listen to your body and work out what is best for you.

### Distract:

- ▶ Keep your mind busy doing something (see page 26)
- ▶ Move away from the food
- ▶ Keeping active is a worthwhile distraction.

### Decide:

- ▶ Decide what works best for you and write it down. This practice takes time.

Techniques to help overcome cravings.

### Distract yourself

- Keep your mind busy doing something or thinking of something else (ideas on the following page)
- Move away from the food
- Keeping active is a worthwhile distraction.

### Delaying the craving

- Set a time that you will wait before giving in to the craving
- 20-30 minutes should do it, but you may find the craving passes in a few minutes
- Keeping active will usefully fill the time for 20-30 minutes.

### Listen to yourself

Change your language so you don't over-dramatise your "need" for a food. "I'm dying for a bar of chocolate" or "I'm desperate for a packet of crisps", instead you can say "I fancy..." or "I'd like..."

Don't be too hard on yourself, as this can backfire and lead you to rebel against your own strict rules. It is ok to give in to cravings sometimes- for example having an individually wrapped packet of chocolate or crisps. This is a more sustainable way of incorporating all of the foods you enjoy rather than trying to restrict them and increasing the likelihood of overeating them.

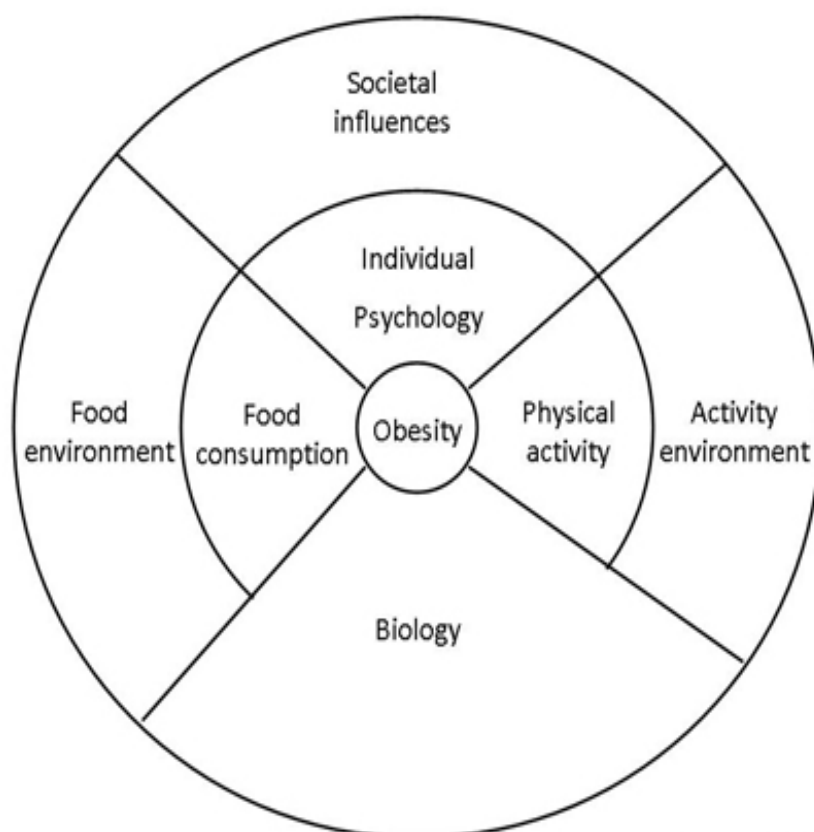
## Hunger Scale

| Where on the scale? | How hungry? | How do you feel?                            |
|---------------------|-------------|---|
| 1                   | Over full   | Very uncomfortable, nauseous                |
| 2                   | Very full   | Somewhat uncomfortable                      |
| 3                   | Satisfied   | Could eat more but no longer feeling hungry |
| 4                   | Hungry      | Stomach grumbling                           |
| 5                   | Very Hungry | Low energy, irritable, distracted           |
| 6                   | Starving    | No energy, very weak, dizzy                 |



## The environment

Let's think about the role environmental factors can play in determining both nutrition and physical activity. Use the diagram below and write down some ideas.



Source: Foresight systems map, 2007

## Benefits and challenges

Making changes can be hard but it can help to think through the benefits you may get, whilst addressing the challenges that you may face on the way. It can help to think of any challenges as an obstacle you need to find a way around. The more benefits you can see, the easier it may be to find ways around the challenges when they arise.

| Benefits of making changes                     | Challenges of making changes      |
|--|-----------------------------------|
| e.g. I will be able to climb the stairs easier | e.g. finding the time to exercise |
| 1.   | 1.                                |
| 2.   | 2.                                |
| 3.   | 3.                                |
| 4.   | 4.                                |

By working on each challenge before it happens, you will be able to find a solution (or more than one) to help you keep to your planned changes, even when things get tough.

| Challenge                         | Solution  |
|-----------------------------------|---|
| e.g. finding the time to exercise | e.g. I will walk the dog for half an hour after my meal, then relax when I come home. |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |

## Triggers: Internal and external

### Internal triggers

- Boredom
- Anger
- Sadness
- Tiredness
- Feelings of thirst or hunger

### External triggers

- Environmental factors
- Visibility
- Smell
- Sound
- Cultural events and holidays

Can you list any other examples of **internal** triggers?

Can you list any other examples of **external** triggers?

## Tricky situations

We can often find ourselves in situations which we can find 'tricky' and put us at risk of lapsing. Lapsing is normal and would be expected, but we want to address lapses quickly, so they do not turn into a relapse. Our 'tricky situations' are often the same, so it is worth us trying to identify them in advance so as to be able to put a plan in place to manage them at the time.

What is a tricky situation you have?

What could you do in order to help manage this situation when it happens?

## Distraction Ideas

Distraction helps us feel better by diverting our attention away from our current thoughts. It works even better if you choose something that will really grab your attention and keep you absorbed in that activity. Different things work for different people. It is worth trying and practising many of those listed, and any that you think of yourself.

### Home and garden

- Mow the lawn
- Clean the car
- Do some gardening
- De-clutter a room or part of a room
- Clear out your wardrobe (give to charity)
- Clear out the spare room (give to charity)
- Sweep the path
- Cooking or baking something pleasurable
- DIY
- Bath the dog
- Brush the cat
- Clean the hutch/cage
- Re-arrange the furniture in one room.

### Getting out

- Join a leisure centre or health suite
- Go for a walk or jog
- Go to the library
- Visit a museum or art gallery
- Go to the cinema
- Browse an antiques or charity shop
- Go window shopping
- Go to the beach
- Visit a nursery, garden centre or park
- Visit a tourist attraction
- Walk alongside the sea, river, reservoir or lake
- Take a bus ride somewhere new
- Visit an aquarium or zoo.

### Leisure

- Do a crossword or sudoku
- Try out aromatherapy or reflexology
- Visit the hairdresser – try a new style or colour
- Watch television or a DVD
- Play on the computer
- Surf the internet
- Watch the clouds whilst lying outside
- Read a novel, newspaper or magazine
- Walk or sit on the beach or park.

### Making contact with others

- Telephone someone you haven't spoken to for a while
- Join a self-help group
- Do some voluntary work
- Write a letter to someone you haven't written to for a while
- Talk to a friend or family member
- Phone the Samaritans or another helpline
- Join an online support group or discussion forum
- Email a friend.

## Self soothing

- Have an early night
- Eat something you haven't tried before
- Listen to some favourite (calming or uplifting) music
- Try a new newspaper or magazine
- Have a bath or shower
- Use aromatherapy oils
- Massage your hands or feet
- Write a list of things you have achieved, great and small
- Soak your feet
- Make a list of things that you can be thankful for
- Paint your nails
- Meditate, relax, do yoga, tai chi, or reiki
- Cuddle a soft toy
- Write a letter to yourself.

## Being creative

- Take up a new hobby
- Learn another language
- Write a letter or article for a magazine
- Learn to meditate, do yoga or tai chi
- Start a diary or journal
- Write a short story or poem
- Decorate a room, or a piece of furniture
- Paint, draw, sculpt
- Join a dance class
- Create a weblog or site
- Sew or knit
- Make an "emergency" box for distressing times- put in small reminders of what helps
- Take photographs
- Make a scrapbook
- Sort out your photos.

## Physical Activity

### Current Chief Medical Officers' physical activity guidelines

Visit the NHS exercise page for other activity ideas such as sitting exercises or upper arm exercises (<https://www.nhs.uk/live-well/exercise/sitting-exercises>)



## Body image

What is body image?

What factors can influence body image?

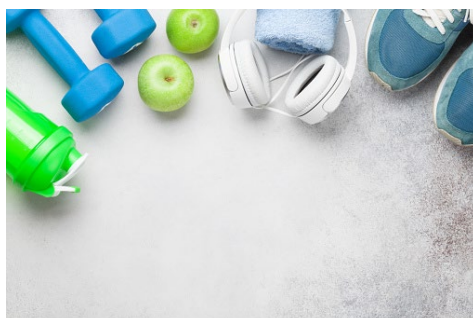
Please find further support to improve your body image on the following website:

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Body-Dysmorphia>

## Self care

Self care is really important as it ensures: we have some time for ourselves, are being kind to ourselves, and allows us to control the things which make us feel better within ourselves.

Can you think of some examples of self care which you would be able to take part in?



## Relaxation

Life is stressful which can increase our cortisol and adrenalin levels. When we feel constantly under attack, that fight-or-flight reaction stays turned on that little bit higher than what is healthy. Over exposure to stress hormones can lead to problems with: anxiety and depression, headaches and poor sleep, weight gain, concentration and memory.

Relaxation is allowing physical and/or mental tension to be released. Tension is the body's natural response to threat, part of the body's alarm or survival mechanism. It can be a very useful response, but a lot of the time, we don't need this tension, so it's okay to learn to let it go, and learn some relaxation skills.

Healthy living is a matter of balance. Relaxation is part of the balancing process alongside other aspects of your lifestyle such as what you eat, your physical activity and how you handle stress. Learning to relax takes practice, as with learning any new skill.

### How relaxation helps

- Reduces tiredness when you can manage everyday life without excessive tension
- Improves performance in work, sport or music through self awareness and control of tension
- Reduces pain which can occur as a result of tension e.g. headaches and backache. Relaxation can help you to cope by raising your pain threshold and reducing the amount of pain
- Coping with stress. Relaxation helps you to reduce the effects of stress and to breathe effectively
- Improves sleep by allowing you to be calm and peaceful
- Improves self-confidence by increasing your self-awareness and ability to cope with daily life
- Improves personal relationships. It is easier to relate well to other people when you are relaxed and self-confident.

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## Weight stigma

What is weight stigma?

It is a negative attitude towards, or belief about others because of their weight. These negative attitudes come from stereotypes and/or prejudice towards people living with overweight and obesity.

How can this come about?

- Comments (intentional or unintentional)
- Seating (public transport)
- Discrimination due to weight or body shape
- Healthcare assumptions
- Media stereotypes.

**Internalised weight stigma is negative beliefs about oneself due to weight or size.**

Can you think of any times you have experienced weight stigma?

Can you reflect on how you felt at the time and/or afterwards?

How could you manage the situation if you were faced with it again in the future?

## Challenging weight stigma

- Speak up in healthcare settings to ensure full understanding
- Help to educate others in different body shapes and sizes
- Avoid stigmatising language e.g. “fat”
- Obesity is **not** a lifestyle/behaviour choice.

## Lapses and relapses

### Lapse

Returning to old habits for a shorter period of time- setbacks, slips, mistakes- a normal part of change



Also known as “a slip-up”,  
“temporary”

### Relapse

Returning to old habits for a longer period of time

Thinking back to tricky situations you have had in the past what could cause you to have a lapse?

## Unhelpful thinking styles

There are many different thinking styles – some of which can be unhelpful.

- **Black and white thinking:** only tending to see one extreme or the other. You are right or wrong, good or bad. There are no in-between, grey areas. It is very easy to have negative emotions as a result of thinking this way, particularly when you don't feel like you have done something 'good'

Example: "I either have no crisps or have to eat the whole bag"

- **Catastrophising:** tending to view the situation as terrible or dreadful. This is linked with negative automatic thinking and can feel like 'the end of the world'

Example: "I've put on a pound this week so all my hard work is ruined and I'll never get healthier"

- **Jumping to conclusions:** mind reading and predictive thinking are the different ways in which someone can jump to a conclusion. A decision will be made based on little factual evidence. Assumptions can be made which are not always true or we can start predicting the future, as if we had a crystal ball.

Example: "I can't take my lunchbreak at work because everyone will think I'm lazy and not working hard enough"

- **Labelling:** making global statements about ourselves or others that might not be a true or realistic statement. Statements or 'labels' are often negative

Example: "I'm just greedy and lazy"

- **Magnify and minimise:** we will often 'magnify' positive attributes of others but 'minimise' our own attributes which can lead to negative thoughts and emotions about ourselves

Example: "I went for a walk on my break but it doesn't count as real exercise as I didn't get sweaty"

You may have more than 1 thinking style in a situation and often they overlap. By identifying the unhelpful thinking style you can start to look at the situation differently and in a more positive light. (Adapted from Centre for Clinical Interventions)

## Self Monitoring Tools

- ▶ Lifestyle diaries
- ▶ Food and mood Diary (example at the back of this workbooklet)
- ▶ Fitness apps/trackers
- ▶ Weekly meal planner

## Social media and support:

We have considered ways in which social media and the internet could have a negative impact on our weight loss journey – but now we'll consider the ways in which social media could support this journey:

- Provides peer support
- Facebook groups – public or private (note: if a public group, be mindful that the information given out may not be validated or correct)
- NHS 12-week online weight management programme:

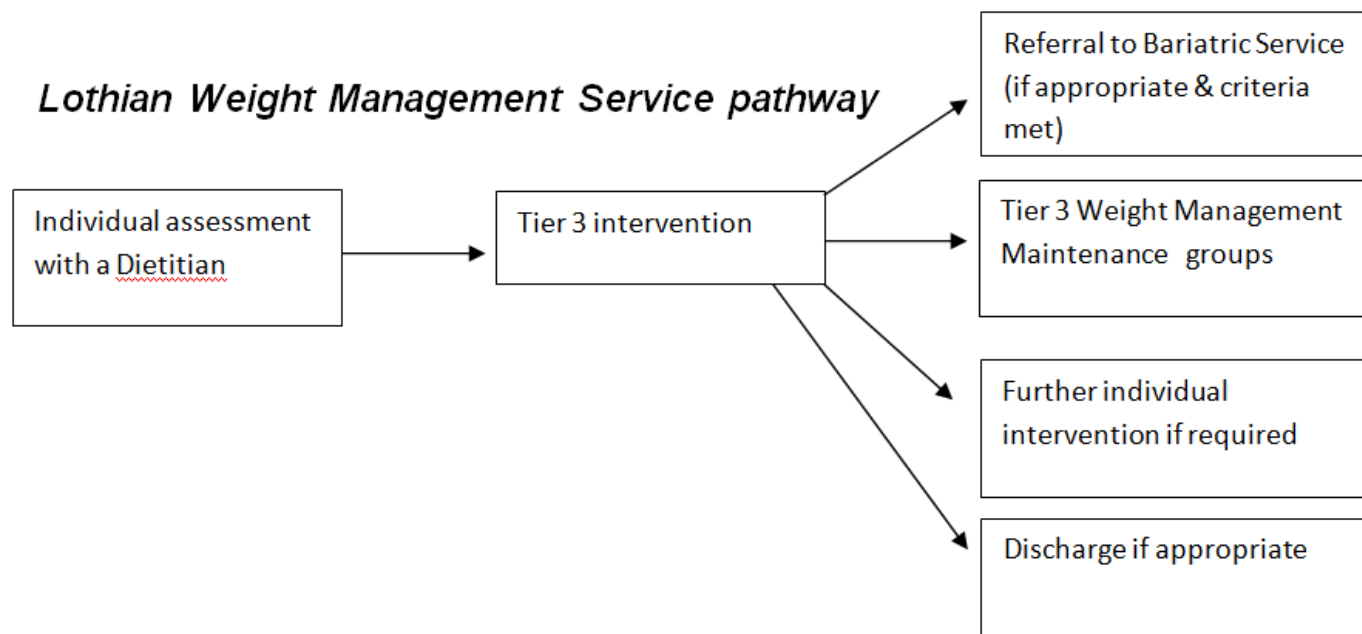
<https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

- NHS weight loss app: <https://www.nhs.uk/better-health/lose-weight/>



Consider what support you would find most useful in the future. Think about those who have been on a weight loss journey with you so far and whether you would like to stay in touch in the future.

## What next?



What will you need in order to continue your weight loss journey?

## Key messages

- ▶ Regular, **balanced** meals
- ▶ Try to ensure good **variety** in your diet
- ▶ Make sure to stay well **hydrated**
- ▶ Be **kind** to yourself – practice self care
- ▶ Try to practice **mindfulness**
- ▶ Increase your physical **activity** levels – every minute counts
- ▶ Think about what **support** you might need in order to be successful

**Lothian Weight Management Service**

**0131 537 9169**



## Food and mood diary

The diary provides you with the opportunity to capture information on what you eat, what emotions lead you to feel an urge to eat, how strong the urge is and how often and in what situations this happens. Record exactly what you eat and drink including any episodes of over eating. Leave nothing out. Write down a simple description of what you eat and drink. If you can, write down each item as soon as you can after you eat/drink. If you can, record how much of an urge you felt to eat the food (e.g. how in or out of control you feel). Also, rate how hungry you felt before eating - this can be rated using a scale from 1-5.

| Situation<br>Time/date | Food and drink consumed | Emotions (e.g. anxious, bored,<br>depressed) | Urge to eat-<br>None/mild/moderate/strong | Hunger (rate from 1-5)<br>1 = not hungry<br>5 = really hungry |
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