



**MD WEIGHT  
MANAGEMENT**

## SEPTEMBER 2019 NEWSLETTER



*One of the best ways to stay focused is to come up with a daily game plan. Whether it be in a notebook planner or your phone, jot down your to-do list for the day and then prioritize. Something to ask yourself is: where does my health fall on that priority list and how much time do I usually commit to it? Reflect on whether things need to be moved around on that list. And remember that we're all a working progress!*

### Save the Date: Local Events to Get You Out of the House

#### Kings Mountain Art Fair

**9/1/19 (Sun) –  
9/2/19 (Mon)**

Enjoy this art fair in the Redwoods featuring over 135 artists. Admission and parking are *free*! Kids also have a designated space at the fair. Visit [kingsmountainartfair.org](http://kingsmountainartfair.org) for more info.

#### Opera in the Park

**9/8/19 (Sun) @  
1:30PM**

Celebrate the opening of San Francisco Opera's season! Bring your friends and family to this *free* event at the Robin Williams Meadow at Golden Gate Park.

#### Peak2Peak SF Walk

**9/28/19 (Sat) @  
8am-5pm**

Join this annual day-long guided adventure around SF! Tickets include a 13 mile city trek with walk guides and a year-long Walk SF membership. Visit [walksf.org](http://walksf.org) for more info.

### Simple & Tasty Recipe of the Month

Created by an MDWM patient

#### *Creamy Chicken Crackers*

##### **Ingredients:**

4 pkts MDMW Creamy Chicken  
2 ½ cup Unprocessed wheat bran  
1 ½ cup Boiling water  
Non-stick Cooking Spray.

##### **Instructions:**

- 1) Mix together creamy chicken soup packets and wheat bran.
- 2) Slowly add boiling water and stir until mixture thickens.
- 3) Lightly spray a pie plate and drop mixture by the spoonful.
- 4) Microwave about 7 min 30 sec, or until crispy and light brown (may need to adjust time depending on microwave wattage)

*Makes approx. 6 large crackers. Be sure to drink plenty of water with these because of fiber intake.*



## Emotional Eating

*Emotional eating is using food in response to certain emotions (both positive and negative). It can be rooted in many different causes such as childhood habits, stress, depression, social pressures, to name a few. Understanding the difference between emotional hunger and physical hunger as well as how to soothe your emotions in non-food related ways is essential for weight control.*

### Physical vs. Emotional Hunger

It's important to be able to distinguish between physical hunger and emotional hunger. Here are some key differences between the two:

- Physical hunger can be satisfied by any kind of food; your body is just looking for calories. Emotional hunger tends to bring on very specific cravings. Typically the comfort food is high calorie, high sugar, and/or high fat.
- Food can satisfy physical hunger but food often does not satisfy emotional hunger. Typical emotional eating is followed by guilt and shame, which can then lead to more emotional eating.
- Physical hunger can come on more gradually while emotional hunger can feel quite sudden and urgent.



### Soothing Your Emotions

Come up with a self-care list that you can regularly refer to when you're feeling emotional. Some strategies that could help are:

- Playing your favorite upbeat song
- Going for a walk or doing any other activity you enjoy. Consider kickboxing for those stressful times.
- Start a project. Is there something in your house that could use some organizing?
- Enjoy a bubble bath
- Keep your hands busy with a stress ball or an adult coloring book



### Language Matters

When you feel a craving coming on due to emotional reasons, be sure to take a pause. Instead of saying, "I *can't* have this" or "I *shouldn't* have this," try instead saying, "I *choose* not to have this, *right now*." The treat will still be there after you go for a walk or take a shower, and creating that pause might make the difference in whether or not you actually reach for it.