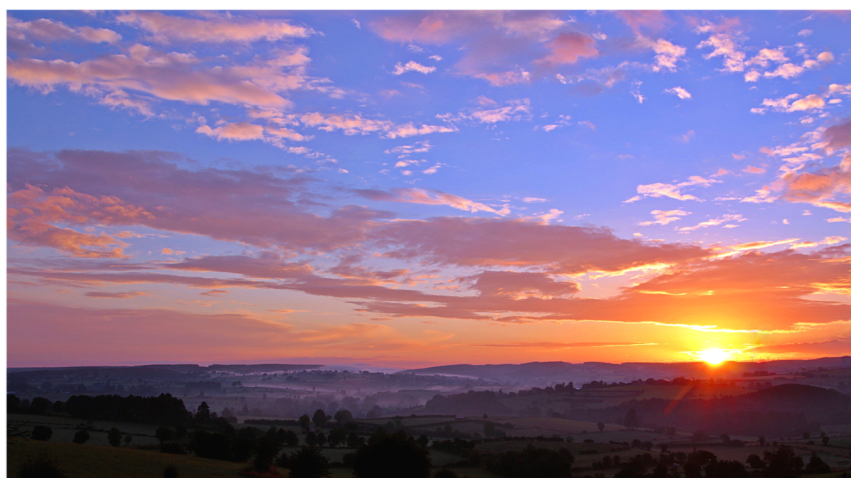




**MD WEIGHT  
MANAGEMENT**

## JUNE 2020 NEWSLETTER



*While the past few months may have been challenging, think about your resilience and strengths. Document any small or large wins to acknowledge those successes. If you are feeling overwhelmed, try tackling just one health behavior at a time and making sure you are reaching out for the support you need.*

### Apps to Add to Your Self-Care Routine

#### What's Up

A free mental health focused app that offers coping strategies for stress, anxiety, and depression. You can track positive and negative habits, engage in simple breathing techniques, and analyze your thinking patterns.

#### CBT Thought Record Diary

This free app uses prompts based on Cognitive Behavioral Theory to help combat negative emotions and identify distorted thinking patterns. Use the app to document, analyze, and reevaluate your thoughts.

#### Simple Habit

This mindfulness and meditation app offers several audio guides for free and even more if you opt for the premium version. You can choose from many categories such as stress reduction, anxiety relief, better sleep, personal growth, increased focus, and more.

### Simple & Tasty Recipe of the Month

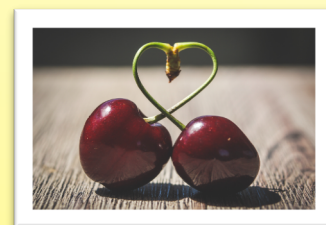
#### *Black Forest Smoothie*

##### **Ingredients:**

1 pkt MDWM Chocolate  
Pudding/Shake Mix  
 $\frac{3}{4}$  cup Cold Water  
1 tsp Cherry extract  
1 tsp Chocolate extract

##### **Directions:**

Mix all ingredients in a blender until smooth.



## Am I Hungry?

*Being able to quantify how hungry you are can be a useful tool to know when to start and stop eating. It can also be used to distinguish between physical hunger and emotional hunger. Read on to learn how to use the Hunger Scale to help eat more mindfully.*

### The Hunger Scale

Comfortable Eating

1

Beyond hungry: you may have a headache and experience dizziness and a lack of concentration. Your body feels totally out of energy and you need to lie down.

2

You feel irritable and cranky, with little energy. You may also feel nauseous.

3

Your stomach feels empty and the urge to eat is strong.

4

You start to think about food. Your body is giving you the signal that you might want to eat.

5

Your body has had enough food to keep going and is physically and psychologically just starting to feel satisfied.

6

You are fully satisfied and full up.

7

You are feeling past the point of satisfaction, yet you can still find room for a little more. Your body might say no but your mind says yes, so you take a few more bites.

8

Your stomach is starting to really ache. You probably know you shouldn't have had more, but it tasted so good.

9

You now feel really uncomfortable, heavy, tired, and bloated.

10

Beyond full: this is a typical Christmas Day sort of feeling – you are physically miserable, don't want to or can't move, and feel like you never want to look at food again. Not a good point to reach!

### Using the Scale

With 1 and 10 on the Hunger Scale being the extremes (1 = “hangry”, 10 = physical pain from fullness), it is ideal to stay within the range of 3 to 6. If you are currently feeling like a 3, then best to eat a snack within 30-60 minutes to prevent getting to a 1 or 2. If you are currently feeling like a 5, start slowing down, as you will likely feel like a 6 twenty minutes later as you continue to digest.

### Ask Regularly

Throughout the day, ask yourself, “Where am I on the hunger scale?” You can ask before a meal, during a meal, and after a meal to practice quantifying your hunger and fullness levels. By asking this short question, it allows for a pause before eating. It also helps with observing what portion sizes lead you to feel like a 5 or 6 versus 9 or 10.

### Physical vs. Emotional

If you can quantify that you are on the higher end of the scale but continue to eat, this is an indicator of *emotional* hunger. Meaning that eating until you feel like a 10 or beyond will likely still feel unsatisfactory until the root cause of the emotion is addressed. Use self-care strategies to help. This could be taking a walk, meditation, stretching, journaling, or asking for support.



Source: Derbyshire Healthy Futures Service “The Hunger Scale”

[http://www.dchs.nhs.uk/assets/public/dchs/llb/tools/tools\\_1-11/4\\_DCHS\\_A5\\_4pp\\_The\\_Hunger\\_Scale.pdf](http://www.dchs.nhs.uk/assets/public/dchs/llb/tools/tools_1-11/4_DCHS_A5_4pp_The_Hunger_Scale.pdf)