



**MD WEIGHT
MANAGEMENT**

AUGUST 2020 NEWSLETTER



Since Shelter-in-Place has been in effect, physical activity has dramatically dropped. This poses a threat not just for weight management but for mental health as well. Be sure to set time for yourself to walk outside or move indoors. Remember that you have the right and responsibility for self-care!

Physical Activity Ideas to Help Get You Moving

Virtual 5K Race San Francisco

Encourage your loved ones to sign up with you. Everyone can complete 5K on their own time, submit their race online, and receive their finisher medal in the mail. Search the Virtual Run Challenge online for more info.

SF Online Meditation

**8/15/20 (Sat) at
10:30AM**

Dr. Lucy Xiao from the SF Zen Meditation Center will be leading a free introduction session on meditation. Check out the Asian Art Museum website for more information.

Free Virtual Yoga for Beginners

**8/24/20 (Mon) @
5PM-6PM**

Register for this free live yoga session to end your work day with. Search Relaxation Yoga with Sita for more information. The instructor has regular sessions each week to help destress during these challenging times.

Simple & Tasty Recipe of the Month

Iced Mocha Shake

Ingredients:

1 pkt MDWM Mocha Pudding & Shake mix
8 fl oz Skim Milk
3-4 Ice cubes

Instructions:

- 1) Blend together all ingredients.
- 2) If desired, add spices like cinnamon for enhanced flavoring.



How to Tame Emotional Eating

If you feel like this strange time has brought upon overeating driven by emotions, you are certainly not alone. Many people use food to self-soothe. While this may provide comfort for the first few minutes, it often leads to guilt, shame, and excess calories. Read some tips below on how to tackle emotional eating.

Identify the Emotion

Identifying and acknowledging the emotions you are feeling is the first step to figuring out how to mitigate emotional eating. Search for an emotion list, if need be. Common emotions are: anxiety, sadness, stress, guilt, anger, happiness, etc. Then, identify the situation that is triggering this emotion. Reflect back on the day or even the week. Maybe something mildly irritating from the weekend is spilling over into the work week and resulting in more reactive responses than usual.



Explore Alternatives

Write down a list of everything in the past (non-food related) that has successfully soothed you during tough times. Some ideas might be:

- Stretching
- Going for a walk
- Taking a nice shower
- Washing your face or doing a face mask
- Enjoying a foot bath with Epsom salts
- Listening to soothing or upbeat music
- Aromatherapy
- Journaling

Keep your list handy for when you might feel an onset of emotional eating. Remind yourself that eating will not change the outcomes of the triggering situation.

Find Something Neutral

When you are in the midst of feeling emotional, it can be like muscle memory reaching for food for comfort. Try to find something neutral that will temper down some of the sudden emotion. For example, name all the objects in the room that are blue or start counting backwards from 1000 in intervals of 3. Both of these tasks are objective and usually do not involve much emotion. The goal with these tasks is to create enough of a pause to dampen the urge to automatically emotionally eat.

Diaphragmatic Breathing

While it sounds overly simplistic to “just breathe” when feeling stressed, it is true that diaphragmatic breathing, also known as belly breathing, may have an effect in lowering cortisol levels (a stress hormone). Because this kind of breathing also allows for more oxygen exchange, it can help lower blood pressure and heart rate. To ensure you are, in fact, breathing with your belly, follow these steps:

- 1) Place one hand on your upper chest and the other on your belly.
- 2) While taking a deep breath in through your nose, make sure the hand on your chest is still, while the hand on your belly should rise.
- 3) Gently breathe out through your mouth.