

# Emotional Eating & Binge Eating

AFTER WLS

6pm on May 17th

with Cassandra Sampson MS, RD, LDN, MIEP



If you are using your internet for audio, please be aware of the phone audio option (**just in case you lose connection**):

### From the desktop app:

- During the class, click the Settings icon in the toolbar or Control Panel and select the Phone tab
- Use your telephone to dial the desired phone number, then enter the 9-digit access code when prompted.
- Be sure to enter the Audio PIN to link your phone call with the session.

The screenshot shows the GoToWebinar desktop application interface. At the top, there is a menu bar with 'File', 'View', and 'Help'. Below the menu bar is a toolbar with several icons: a right-pointing arrow, a telephone handset, a document, and a hand with a green checkmark. The main content area is divided into several sections:

- Audio:** This section contains three radio button options: 'Computer audio' (unselected), 'Phone call' (selected), and 'No audio' (unselected). Below these options, there is a telephone handset icon. Further down, there are fields for 'Toll-free: 1 866 901 6455', 'Long distance: +1 (213) 929-4231', 'Access Code:', and 'Audio PIN: 63394 #'. Below this is a link 'Problem dialing in?' and a 'Talking:' indicator.
- Handouts: 1:** This section shows a single handout titled 'Event-Services-NA.PDF' with a red document icon.
- Questions:** This section contains a message: 'Thanks for coming!! click here to download: <http://www.gotomeeting.com/>'. Below this is a text input field with the placeholder text '[Enter a question for staff]'.
- Test - Classic:** This section displays 'Webinar ID:'.
- GoToWebinar:** The bottom of the interface features the GoToWebinar logo and name.

If you're on your phone, download the GoToWebinar Mobile app to be able to view this presentation

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- Audio pin can only be retrieved from the Desktop app or mobile app.

# WELCOME!

- At the end of every session there will be time reserved for anyone who wants to share personal stories of accomplishments and/or struggles.
- Social support is helpful strategy for long-term weight loss success.
- If you have a general question, please use the chat box or questions box to type in your answer.

# WELCOME!

## The purpose of this support group:

- To educate, support, enlighten, and guide you in your weight loss journey

## The dynamic of this group:

- Those who have recently had their surgery
- Those who had their surgery years ago
- Those who are looking forward to their upcoming surgery

# EMOTIONAL EATING: WHAT IS IT?

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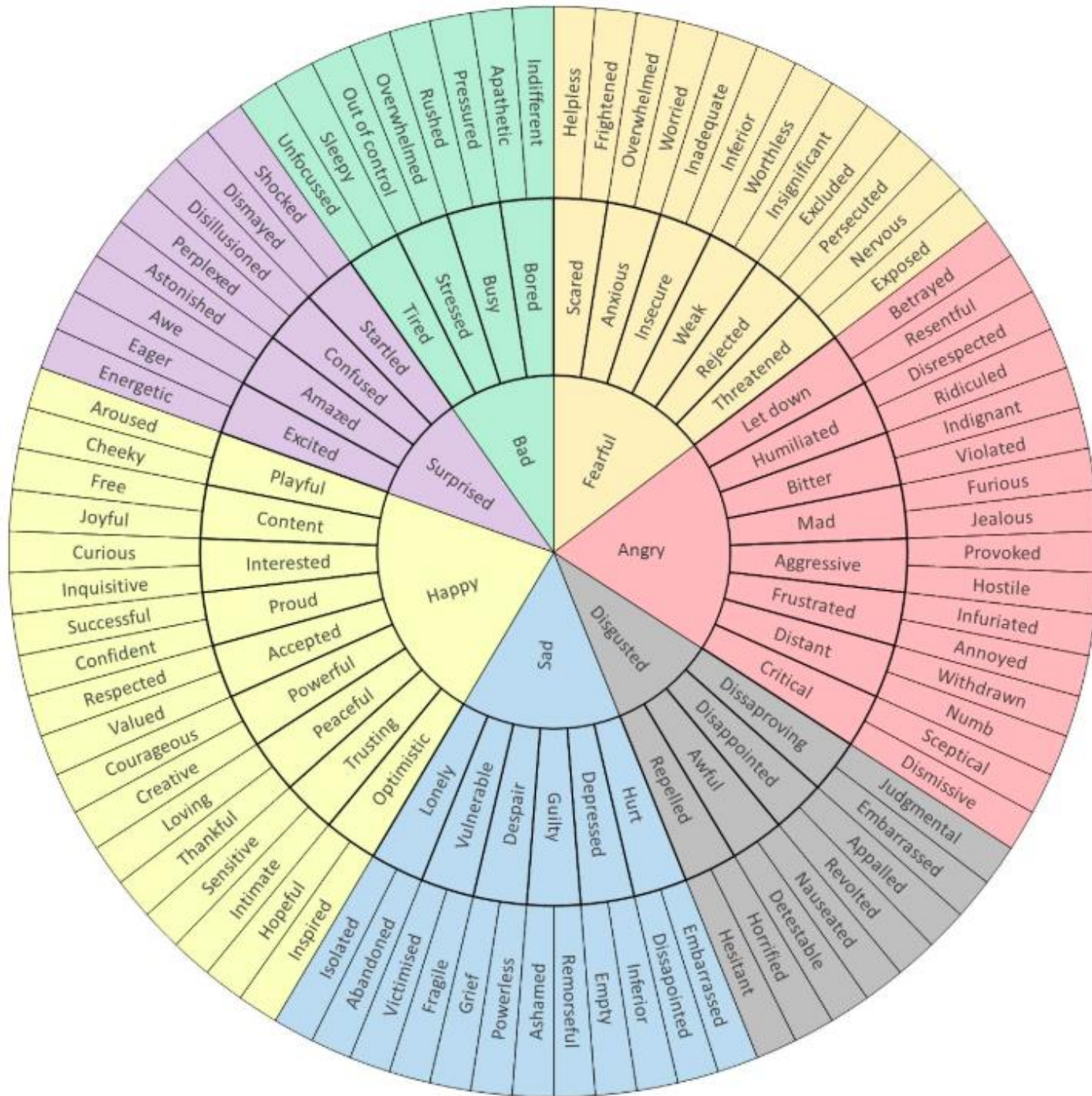
Any eating for non-hunger

This can mean anxiety, loneliness, boredom, stress, or anger - which are all emotions we all experience throughout life.

Each has its own trigger, and each has its own pacification.

Food may provide comfort or distraction in the moment, but food doesn't have the ability to solve the issue.

The more we turn to food as our automatic reaction to cope, the more it becomes an engrained habit.





## EMOTIONAL HUNGER

VS

## PHYSICAL HUNGER

- It comes on suddenly.
  - It feels like it needs to be satisfied instantly
  - Not accompanied by symptoms of hunger (e.g. growling, loss of concentration, irritability)
  - Often a craving for a specific food, often those high in fat and sugar.
  - It isn't satisfied with a full stomach.
  - It causes feelings of guilt, shame, and powerlessness.
- It comes on gradually.
  - It's not particularly urgent
  - It is accompanied by symptoms of hunger
  - You feel open to eating a range of different foods.
  - It's satisfied when you are feeling full.
  - It does not cause negative emotions.



# EMOTIONAL HUNGER

versus

# PHYSICAL HUNGER

Comes on suddenly -  
with a sense of urgency



You're likely craving a specific  
food



You may eat more mindlessly



You're trying to cope with  
an uncomfortable emotion



You're more likely to overeat  
and feel guilty afterwards



Comes on gradually -  
without a sense of urgency



You're more open to  
choosing different foods



You're aware and eating more  
mindfully



Occurs for fuel and nourishment



You're more likely to stop  
when you're satisfied



@desiliciousrd

# LISTEN TO YOUR BODY

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- Remember, emotional eating is not inherently bad.
- It's simply your body's way of telling you that it needs something.
- Avoid blaming yourself or getting frustrated when you happen to emotionally eat.
- Instead, use it as an opportunity to learn something from the experience.

# REALISTIC EXPECTATIONS FOR POST-OP

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Bariatric surgery cannot CURE or SOLVE emotional eating, stress eating, boredom eating, mindless eating, exhaustion-based eating, etc.

These habits must be addressed prior to surgery rather than hoping the surgery will solve the underlying issues.



# WHAT CAN WE DO ABOUT IT?

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1

Bring awareness to the fact that the feelings are there and the food will not change the situation.

A long-term solution to whatever is triggering these emotions will not be found in the food.

2

Practice pausing rather than reacting. Pause and take a few deep breaths. Initiate positive self-talk.

3

3. Be aware of your triggers and create a list of ways to engage your **Parasympathetic Nervous System**.

# USING FOOD TO COPE IS MOST OFTEN TRIGGERED BY:

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Lack of rest

Lack of comfort,  
warmth and  
nurturing

Inability to  
express feelings

The feeling of not  
being heard,  
understood and  
accepted

Boredom/ the  
need for  
entertainment

A sudden  
uncomfortable  
feeling, emotion  
or situation

# SATISFYING YOUR NEEDS

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- If any of your needs are not being met elsewhere, food could be used to fill in the gap.
- These intense cravings may feel like they come out of nowhere until we realize which basic needs are lacking.
- In an emotional eating situation, food is unconsciously being used to meet the basic need.
- **The goal is to change the automatic pattern to an alternative activity that will still leave you feeling at ease, relaxed and less stressed.**

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# WHAT CAN YOU DO?



Create a state change.



Make a list of go-to activities or strategies to begin unlearning the automatic habit of turning to food.



Choose activities that engage the parasympathetic nervous system. This counteracts the “fight or flight” response.

# THE PARASYMPATHETIC NERVOUS SYSTEM

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- The **PNS** is the counterpart to “Fight or Flight.”
- When we engage this system, it tells the brain we are no longer in danger and cortisol will come back down (though can remain elevated for hours after the event).
- Use tools like breathing exercise, slow music, calming scents, nature and fresh air to engage the Parasympathetic Nervous System.



5 TIMES

HOLD FOR  
1-2 SECONDS



An illustration of a woman with dark hair, wearing an orange t-shirt and black pants, sitting in a meditative lotus position on a white mat. Her eyes are closed, and her hands are resting on her knees in a mudra. The background shows a simple room with a light blue door on the left, a window with a white frame, and a white shelf on the right holding a small white table and a potted plant with green leaves. The text "5 MINUTES" is written in a bold, black, sans-serif font in the upper right area of the illustration.

5 MINUTES

wikiHow



# ALTERNATIVES TO EMOTIONAL EATING



*Journaling Your  
Feelings*



*Speaking to Someone  
You Trust*



*Picking Up a  
Hobby*



*Reaching Out to a  
Professional*

# THE IMPACT OF STRESS

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- Cortisol is known as the “stress hormone”
- Released when the body senses stress
- If someone is chronically stressed, cortisol is being pumped out almost constantly – which can lead to significantly affect your health.
- Cortisol increases appetite and can make you crave sugary, salty and fatty foods to help you “fuel for the fight.”

# CORTISOL IMBALANCES CAN AFFECT

- Blood sugar control and diabetes management
- Obesity and weight gain
- Immune system suppression
- Gastrointestinal issues
- Increases in blood pressure
- **Other Issues:** Long-term stress and elevated cortisol may also be linked to insomnia, chronic fatigue syndrome, thyroid disorders, dementia, depression, and other conditions.
- **Strategies to balance cortisol:** avoiding extreme calorie restriction, meditation for stress management, good quality sleep, sun exposure and limiting alcohol and caffeine

# Stress Survival guide

crazyheadcomics

## BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

## MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

## SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first

# THE IMPACT OF SLEEP

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- Sleep impacts your ability to lose weight.
- We are less active if we are tired. Being active helps raise dopamine, release endorphins, and curbs appetite.
- There are plenty of studies that suggest willpower dwindles as we make decisions through the day and from the physical fatigue of the day.
- Studies have found ghrelin, the hunger hormone, tends to increase with lack of sleep.
- Study participants who slept less than 4.5 hours a night consumed as much as 20% more calories a day.
- Studies have shown higher levels of cortisol with sleep deprivation.





# THE IMPACT OF SLEEP

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- Short sleep duration is one of the strongest individual risk factors of obesity.
- Fatigue makes it difficult to make good choices and maintain exercise
- Acute sleep loss increases food intake in adults
  - Those who sleep more, tend to eat less
- Leptin is the hormone that decreases appetite
  - During sleep deprivation, leptin decreases (working against your appetite)
- Ghrelin is a hormone that increases hunger and cravings
  - During sleep deprivation, ghrelin increases

# BOREDOM EATING

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Dopamine dips when our brains are not stimulated. The brain will signal a need for something pleasurable to bring dopamine back up.



Eating releases dopamine and especially the highly palatable foods rich in sugar and fat. Easy access to food means it's an easy habit when dopamine dips.



The more often we go for food when bored, the stronger the brain connection to eat when bored.



Create a list of things you take pleasure in doing.

Divide the list into shorter amounts of time and longer amounts of time.

Utilize this list based on the amount of time you have to fill to bring dopamine up in a way that is more life giving to you.

# SADNESS, LONELINESS AND DEPRESSION

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- There are many hormones involved in these feelings.
- Studies have shown over 1/3 of American adults report eating for loneliness.
  - Eating can be used to fill a void
  - We associate food with feeling better
- Research has also found that the feelings of hunger and the feeling of loneliness are experienced in the **same** part of the brain, possibly linking the need for human connection to be as essential as the need for food.
- When we are lonely, our brain is craving meaningful connection.
- When you are having sad emotions, identify what you need most.
  - Sleep
  - Fresh air
  - A good conversation, a FaceTime call or a Zoom call
  - Listening to calming music, meditation
  - A good TV or Netflix show

# ANXIETY AND WORRY

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- Anxiety can distract our minds from:
  - What we are eating
  - The pace of eating
  - How much we are eating
- Anxiety is often a response to fear. Instead of **just** the stressful event, it adds fear on top of it.
- Cortisol is released as stress is the most common factor that causes anxiety and worry. Cortisol stimulates the appetite for high sugar, high salt and high fat foods.
- What can you do?
  - Name your worries and try to release them
  - Activate ways to relax your mind and body
  - Take stress management seriously
  - Seek out professional help.

# HABIT-BASED EATING

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- Many times, patients are creating a “new normal” as they prepare for surgery and the days following surgery.
- Question your usual habits and consider if these daily routines will be helpful or hurtful to your weight loss journey.
- Habit-based eating:
  - Eating in the absence of hunger based on:
    - Certain locations and environments
    - Being with certain people
    - During events/holidays (food being the focal point)
    - During certain times of the day

# BINGE EATING

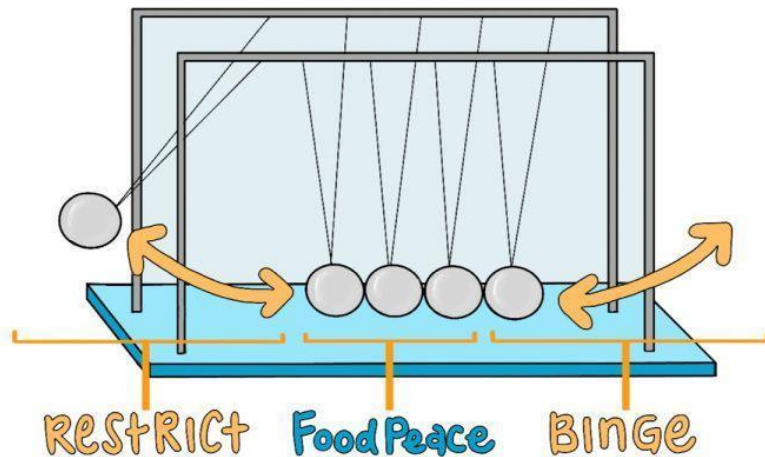
- Binge eating is not simply overeating or emotional eating.
- Binge eating is when someone feels out of control when eating until the point of feeling shameful.
- Oftentimes happens in secret or when we are alone.
- It's not simply overeating with no willpower.

## BINGE EATING

- Mental, physical, emotional wellbeing components are all involved in binge eating.
- This condition doesn't develop out of nowhere.
- Binge eating can be a mismanaged coping strategy for something deeper.
- Binge eating can also be a result of intense restriction or lack of nourishment.

# DIET-BINGE CYCLING PHYSICS:

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FoodandFearless

- The more intensely I control, a binge will follow in proportion to the intensity of restricting.
- This can also be described as the deprivation backlash.
- **Picture a pendulum:**  
The farther you pull it to one side (restriction), the farther it will powerfully swing to the other side (binge).
- Binge eating is a side effect of restriction. Binge eating can't be solved by dieting.



## A binge allows us to learn information.

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- Curiosity and compassion must follow a binge, rather than the automatic judgement and shame.
- Binge eating is a side effect of restriction. Binge eating can't be solved by dieting.



# A STRANGE GIFT

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- Emotional eating has been described as a “strange gift”.
- This gift is a sign that:
  - **Stressors in your life are surpassing the coping mechanisms you’ve implemented**
  - **Your lifestyle is unbalanced with too many responsibilities and obligations**
  - It’s time to reevaluate your life and emphasize balance
- This strange gift can be seen as your warning system that there are one or more basic needs that are not being met and food is being used to fill the void.

# DON'T PANIC!

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- Eating because of our emotional state does not mean we are weak, it means we are human.
- There are many hormones, chemicals and neurotransmitters at play.
- Understanding what we are feeling and identifying what we need is a lifelong journey but one worth taking.
- The brain loves to make habits. The more we turn to food for an emotional reason, the more the brain will associate food with that feeling.
- Building your toolbox of other ways to relieve emotions can become the new connection for your brain.



# BINGE EATING RESOURCES

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- Intuitive Eating Journal by Cassandra Sampson
  - <http://cassandragolden.com/Online-Store.p>
- Am I Hungry?
  - <https://amihungry.com>



# BARIATRIC FOOD COACH

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- Bariatric Food Coach is a bariatric support membership site
- Provides meal plans, coaching videos, dining out guides, over 500 recipes, member's community, ongoing support and accountability for \$12 a month!
- There's a new video course available to members that is completed dedicated to emotional eating
- <https://www.bariatricfoodcoach.com/>
- 20% off coupon code: **WLSPLAN20** (for first time customers only)
- For Frequently Asked Questions, visit:  
<https://www.bariatricfoodcoach.com/most-asked-weight-loss-surgery-questions/>





By *Cassandra Sampson*

Registered Dietitian; Mindful & Instinctive Eating Practitioner

## ✓ Preparing for pregnancy

- Introduction to intuitive eating
- The Diet-binge cycle
- Preparing for pregnancy
- Side effects of dieting

## ✓ Pregnancy after surgery

- Vitamin and minerals
- Nausea and vomiting
- Weight gain
- Food safety
- Common GI symptoms
- Calories, protein, carbs
- Early satiety
- Recommended bloodwork
- Glucose tolerance test
- Meal planning guide

## ✓ Breastfeeding after surgery

- Calories
- Protein
- Vitamin and minerals
- Hydration
- Considerations for mom
- Bonus lactation cookie recipe

## ✓ Body Positive Parenting

- Tips for raising an intuitive eater
- Body neutrality for parents
- Connecting intuitive eating and body neutrality
- Recommended resources
- Helpful mantras

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- Visit <http://cassandragolden.com/Online-Store.php>
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- Make the online payment of \$15 for the instant digital download
- You have 72 hours to download and save the mini e-book



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