

Weight Management Follow-up Visit  
Name \_\_\_\_\_

OMS 8  
Date \_\_\_\_\_

Current weight \_\_\_\_\_  
Initial weight \_\_\_\_\_  
Last visit \_\_\_\_\_  
Change since first visit \_\_\_\_\_  
Change since last visit \_\_\_\_\_

Medication \_\_\_\_\_  
BP \_\_\_\_\_  
LMP \_\_\_\_\_  
\*UPT \_\_\_\_\_

BMI \_\_\_\_\_  
Body fat % \_\_\_\_\_  
Water % \_\_\_\_\_  
Resting energy \_\_\_\_\_

### Please answer the questions below

What **challenges** or **difficulties** are you having with your weight loss? \_\_\_\_\_

If you are you taking a **medication\***, are you finding it helpful? ☐ **yes** ☐ **no**

Any side effects? ☐ **none** ☐ dry mouth ☐ jitteriness ☐ headache ☐ insomnia ☐ nausea ☐ other \_\_\_\_\_

Are you able to take the medication as directed? ☐ **yes** ☐ **no**

**If no**, what difficulties are you experiencing? \_\_\_\_\_

**Exercise:** What type and how often? \_\_\_\_\_

How well do you **sleep** at night?

☐ through the night ☐ fall asleep easily but can't stay asleep ☐ difficulty falling asleep ☐ frequent or early morning waking

Are you having any **symptoms** or **physical problems** since starting this program? ☐ **none**

☐ hunger ☐ fatigue ☐ fainting ☐ indigestion ☐ headache ☐ tremors ☐ trouble sleeping  
☐ cravings ☐ chest pain ☐ short of breath ☐ joint pain ☐ weakness ☐ depression ☐ hair loss  
☐ irritability ☐ rapid heart beat ☐ diarrhea ☐ muscle cramps ☐ numbness ☐ anxiety ☐ cold intolerance  
☐ lack of control ☐ fluid retention ☐ constipation ☐ rashes ☐ dizziness ☐ moodiness ☐ irregular periods

**Food Diary: Consider WHEN you eat as well as WHAT you eat**

- Instead of labeling your meal as "breakfast" please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

**time of day** **give me an idea of what you eating in a typical day, including beverages!**


### Weight Maintenance Session #8: Managing Stress to Prevent Overeating

- 1) Do you feel that stress has negatively affected your weight and health?  
☐ yes ☐ no
- 2) Are you familiar with the "fight or flight" response in the animal kingdom?  
☐ yes ☐ no
- 3) Have you ever thought about your daily stressors while exercising?  
☐ yes ☐ no
- 4) Do you believe that you do not have any control over the way stress affects you?  
☐ yes ☐ no
- 5) Are you interested in learning some relaxation techniques to help deal with stress?  
☐ yes ☐ no

### 1) Do you feel that stress has negatively affected your weight and health?

Many people who struggle with their weight tend to overeat comfort/high carbohydrate foods when they are stressed out for the calming/soothing effect that carbohydrates can cause. Interestingly, in many prisons they serve only high carbohydrate options to help decrease the level of violence among the inmates. It is important that you help your patient to focus on alternative strategies to deal with stress other than eating.

### 2) Are you familiar with the “fight or flight” response in the animal kingdom?

Darwinian evolution has proposed that humans have evolved from the animal kingdom. Many people believe that our brains are still primitive in regard to how we deal with conflict or stress. The animal kingdom either fights the things that threaten it or runs away from them. When we become angry or stressed the brain produces two hormones designed to arouse a fight-or-flight response in our bodies: cortisol and adrenaline. These hormones increase our heart rate, respiratory rate, and blood pressure, and make us more alert and focused so that we can fight the stressor more effectively. Unfortunately, as civilized humans, we cannot fight or runaway from our problems.

### 3) Have you ever thought about your daily stressors while exercising?

Thinking about your problems while you are exercising is a useful tool to fool the mind into believing that we are being physical with our stressors. Many times your problems will seem much easier to deal with after a good workout. Encourage your patients to go for a walk when they are stressed out rather than going into the kitchen for a snack. It is crucial that you work hard to find adaptive strategies that do not depend on food for comfort and stress relief.

### 4) Do you believe that you do not have any control over the way stress affects you?

You have 100% control over the way stress affects you. In fact, the stress reaction starts in your mind meaning that you must allow yourself to become stressed in the first place. Many surviving prisoners of war used this coping strategy while in captivity. They did not allow their mind to get caught up in the atrocities happening around them, instead they kept their mind focused on good times with friends and family. This is a unique human coping strategy that we could take advantage of in our daily lives. You do not need have to react to stressful circumstances when they occur. You could choose to deal with them later. We recommend that you work up a sweat exercising and then start to think about the stressors of the day. This should minimize the harmful effect that stress has on our bodies as well as hopefully decrease the urge to stress eat.

### 5) Are you interested in learning some relaxation techniques to help deal with stress?

- **Try affirmations:** Every time you have a negative or stressful thought, repeat a positive affirmation such as: I choose to relax and build a happy, healthy mind and body.
- **Eliminate negative thoughts:** One technique is to place a rubber band loosely around your wrist. Then, whenever you have a negative thought, snap it. This technique will help you to become more aware of negative thoughts and could put you on the path to a more positive attitude.
- **Learn deep breathing exercises:** Close your eyes, then consciously relax your body and focus on your breath. While breathing deeply, remove all other thoughts from your mind. Do this for 5 to 15 minutes each day.
- **Learn guided relaxation exercises:** Check out YouTube, your local library or bookstore and learn to relax whenever you need to.

# Mind Body Practices

## Meditation 101

1. Sit cross-legged on a cushion on the floor or in a chair. Keep your back straight and let your shoulders drop. Take a deep breath and close your eyes if you wish.
2. Notice your breath. Don't change your breathing, but focus on the sensation of air moving in and out of your lungs.
3. As thoughts come into your mind and distract you from your breathing, acknowledge those thoughts and then return to focusing on your breathing each time.
4. Don't judge yourself or try to ignore distractions. Your job is simply to notice that your mind has wandered and to bring attention back to your breathing.
5. Start by doing this 10 minutes a day for a week. The more you meditate regularly, the easier it will be to keep your attention where you want it.

## Diaphragmatic breathing

Used in yoga, meditation, and tai chi, entails bringing air deeply into your lower and upper lungs. The relaxing and therapeutic form of breathing is also called abdominal breathing and has been shown to lower stress and cortisol to raise melatonin.

Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.

## Relaxation response

Based on meditation, the relaxation response is a counter to the fight-or-flight response, moving the body from a state of physiological arousal (increased heart rate, blood pressure, and stress hormones) to physiological relaxation, which is your ideal normal state. Practicing the relaxation response involves sitting quietly for 10-20 minutes at a time and paying attention to your breath. When the inevitable thoughts arise, practice just letting them go. If you can't make yourself sit still, you can try listening to calming music, also shown to lower cortisol.

## Progressive muscle relaxation

A similar technique to the relaxation response, progressive muscle relaxation is when you focus on a single body part and try to relax it. This is a common practice at the end of yoga class, which may be why we feel like we're floating out the door when we get up from the mat to leave.

## Mindfulness-based stress reduction

Based on ancient Buddhist concepts, this method reduces stress. It is extremely helpful if you have trouble quieting your mind during meditation. When a thought floats into your consciousness, you simply observe it, label it, and gently let it go, without getting caught up in it or feeling guilty about it. As you become more proficient at this, you become less attached to your thoughts, less reactive.

MBSR promotes awareness of the present moment with a compassionate, nonjudgmental stance, which over time leads to a shift in perception and response. MBSR increases activity in the part of the brain that governs learning and memory, while decreasing activity in the area responsible for worry and fear. MBSR lowers cortisol, improves sleep, decreases worry, and reduces depression, anxiety, and distress in people with various stress-related health problems. MBSR was shown to reduce stress and abdominal fat in overweight and obese women.

## Alternate nostril breathing

This does four things: lowers your pulse, reduces your blood pressure, raises the efficiency of your breathing, and raises your ability to solve problems. Breathing unilaterally through the right nostril activates the sympathetic nervous system and the left hemisphere of the brain. And breathing unilaterally through the left nostril activates the parasympathetic nervous system (the relaxation response) and the right hemisphere of the brain.

The technique involves sitting on the floor and covering one nostril while breathing through the other. Cover your right nostril with your right thumb, and inhale through your left nostril while counting slowly to ten. Then hold your breath for a count of ten. Notice the sensations in your lower lungs and soft belly, particularly as you reach the higher numbers. Sit up straight, but keep your core soft. Move your right ring finger to cover your left nostril, release your thumb to uncover your right nostril, and exhale through your right nostril for a slow count to ten. Then inhale through your right nostril, and hold for a count to ten. Is the movement of air through the right nostril as smooth as it was through the left? Move your thumb back to cover your right nostril and exhale through your left. Repeat for 3 more rounds.

## 4-7-8 Breathing

The 4-7-8 breathing technique works because when you are stressed out, your breathing becomes very shallow. People who experience long-term, chronic stress are often chronically *under-breathing* and are in a constant state of *mild hypoxia*, or oxygen deprivation. Additionally, under-breathing can lead to a build-up of excess carbon dioxide in your tissues, which contributes to oxidative stress, inflammation and acidification in your body—the foundations for disease.

Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of *four*. Hold your breath for a count of *seven*. Exhale completely through your mouth, making a whoosh sound to a count of *eight*.

A modification is 4-6-7 if difficult to hold your breath as long.

## Yoga

Data suggests that the benefit of yoga arises from not just the physical poses but also from yoga as an integrated philosophical package. Studies have shown that yoga lowers cortisol and blood sugar as well as hypertension.

## Soft Belly Breathing

Conscious use of deep breathing overrides the pattern of fast, shallow breathing that characterizes the fight-or-flight stress responses, and it provides more oxygen to support relaxed mental function. Slow, deep breathing also decreases blood pressure and heart rate, improves intestinal function, and lowers the stress hormone cortisol.

### Here's how to do it:

1. Sit in a quiet place and close your eyes. Breathe slowly and deeply, in through your nose and out through your mouth. Allow your midsection to be soft as you breathe.
2. As you breathe in, say to yourself “soft”. As you breathe out, say “belly”. This will focus your mind and remind you that you want your belly to be soft and relaxed.
3. When thoughts come, let them come, and then let them go. Gently bring your mind back to the phrase “soft belly.”
4. When you're ready, or when your timer rings, bring your attention back to the room.

Begin by doing this practice for 5 minutes or so, maybe twice a day. If you're too agitated to sit, get up and do some chores or take a walk. Then try it again. You can sit on a park bench, in a library or at church, or at home! Sitting this way will not make the thoughts go away – and trying to force them away will only reinforce their importance – but it will give you some peace and quiet amidst your thoughts, and allow you to get some distance from.

**Read more at** <http://dunnewithdieting.com/weightmanagementvisits/8justbreathe.html>

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