

EATING BEHAVIOUR & STRESS

Adaptive responses in the 21st century

Truly Me - Truly You

WHAT IS THE PROBLEM? IS THERE A PROBLEM?

- ◉ ‘Natural’ response - what does it mean?
- ◉ Mediated through actions that turns into
- ◉ Behaviour
- ◉ Coping / functioning / relying - soothe / alleviate
- ◉ Outcomes - negative psychological state (blaming and shaming) leading to ...
- ◉ Self perception?

WHAT CAN YOU DO

- ◉ How do you manage your
- ◉ Workload
- ◉ Responses to outcomes
- ◉ State of mind (and what does it mean?)
- ◉ State of Eating - patters - notions - beliefs
- ◉ What is your weak point
- ◉ What is your strong point - pick a trait and stick to it! -

DOING IT TOGETHER...

- ◉ Knowledge - triggers - responses
- ◉ Talk it out
- ◉ Do you really NEED that food
- ◉ Law of cheap take-away
- ◉ But I am hungry / irritated / limited / cold / left out and I need comfort

A BIT(E) OF BIOLOGY

- It is not scary
- Why does it pay off to know?
- Stress response cycle (what) (how) (why) *
- Reward based stress eating **
- What now...

TIPS

- ◉ Sound it out
- ◉ Share it
- ◉ There is no right or wrong - remember we are adapting to situations (inner and outer milieu)
- ◉ State of flux and flow

PICTURE YOURSELF

- ◉ If your client - business partner has problems that you can solve how do you approach her / him?
- ◉ Hear them out and listen
- ◉ Understand and acknowledge
- ◉ Ask for clarification
- ◉ Ask them about - resources - time - limits - be realistic - show milestones - link to objectives

LEAD YOUR BODY

- ⦿ Actions over matter
- ⦿ Be prepared
- ⦿ Check resources - budget - time - outcomes
- ⦿ Don't beat yourself up (another stressor)
- ⦿ What are the plausible scenarios
- ⦿ No right or wrong - leave the 2 year old behind in you...
- ⦿ Test , re-test and build up your best practice

...BUT I AM STRESSED ALL THE TIME

- ⦿ Time of the month
- ⦿ Time of day
- ⦿ Chronic and acute stress
- ⦿ Respond vs react
- ⦿ Why zebras don't get cancer

RESOURCES

- ◉ Short term solutions - do not believe thy hype
- ◉ You are an independent successful business person
- ◉ Your body is also intelligent - adaptive response has a role -
- ◉ Evolution
- ◉ Where do you want to evolve - your physiology - mental state - food decision

DECISION-MAKING

- ◉ Hunger -- do not wait for it
- ◉ Time -- scarce, so use it to prepare
- ◉ Budget -- food shopping vs cloth shopping
- ◉ Your options
- ◉ Plan, execute and assess

KEEP 'EM HANDY

- ◉ Nuts and seeds
- ◉ Water - minerals
- ◉ Coffee and tea
- ◉ Fruits (dried to fresh)
- ◉ Legumes, vegetables
- ◉ Meat and fish
- ◉ A word about processed foods

RECAP

- ◉ What do you remember
- ◉ Draw it
- ◉ Mind Maps
- ◉ Research ... tools..sites
- ◉ Infographics
- ◉ Label reader
- ◉ Front of pack labelling
- ◉ Snog avoid or marry game

SENSATIONALIST MEDIA

- ◉ Celebrity weight loss and weight gain
- ◉ Food channels
- ◉ Read and compare

DEFICIENCY STATES

- ◉ Vitamin deficiencies
- ◉ What your GP can check
- ◉ Find qualified professional(s)

RESOURCES AND REFERENCE LIST

- ◉ Papers
- ◉ Books
- ◉ Bite size info (FSA, WebMD, NHS direct)
- ◉ Blogs of health professionals
- ◉ YouTube

THANK YOU

Thank you for listening and taking notes

Re-visit what you learned

Forget the 'good for me' game