

WEIGHT LOSS WORKSHOPS

SESSION 7

The meaning of communication is the response you get.
- NLP presupposition

Neuro Linguistic Programming “NLP”

NLP helps you understand how you think, how you feel and how you make sense of your life in the world around you.

“Neuro” relates to what’s happening in your mind

“Linguistic” refers to the language and words you use and also your body language

“Programming” is the persistent patterns of behaviour, both effective and ineffective, that you learn over time and repeat without conscious awareness.

NLP BASIC ASSUMPTIONS

I have picked out some of NLPs basic assumptions known as presuppositions. These are generalisations which prove a useful tool when you believe they are true, which they are.

These presuppositions are most relevant to the journey you are on in changing your lifestyle but these can be applied to all areas of your life.

- 1. There is no failure, only feedback.**
- 2. If what you are doing isn’t working do something else.**

These two presuppositions are about the process so far and how you have done, do not allow disappointment in, you are learning, you have changed some habits, you are more aware. Focus on what you have achieved and then consider the following questions:

What have I achieved so far?
What feedback have I had?
What lessons have I learned?
How can I put the lessons to positive use?
How am I going to measure my success?

Then pick yourself up and have another go! You will reach your goal if you keep going.

- 3. We have the resources in us to achieve what we want.**
- 4. If one person can do something anyone can learn to do it.**

I have picked these two presuppositions as they relate to your self belief, your ability and your attitude towards your goal and what you want from life.

You can achieve whatever you want to you just need to tap into those resources. Recall something in your life you are proud you achieved. How did you achieve it? It didn't just happen. What strategy did you use? How did you make it happen?

People are not born "experts". You weren't born walking, talking, riding a bike, driving a car. These are all skills you had the ability to learn.

Find a mentor, if someone else has achieved all you want then follow them, watch their behaviour, learn from them.

5. The meaning of communication is the response you get.

I have picked this presupposition for two reasons, one is how you talk to yourself and the other is how you communicate with others. If you are not getting the response you want from yourself or others then you need to change the way you are communicating your message.

Your own self talk:-

That voice in your own head which we have talked about before: do not talk to yourself in the negative, stop yourself and restate what you want the positive. Your subconscious cannot process a negative statement so if you say to yourself "I am not hungry" when you are trying to avoid that extra snack what your mind actually processes is "I am hungry". Equally, if you say to yourself "I do not need that cake" your subconscious has just heard "I need cake" the messages are already being triggered in your brain sending out the signals to your taste buds and stomach and its harder for you to resist. So the language and your focus must be on the desired outcome, what you really want. "I feel full" and then distract yourself with your new got to behaviour rather than eating.

Communicating to friends, family and peers:-

During the journey you are on of changing your lifestyle; you are changing certain behaviours that your family, peers and friends have known. So how you communicate this to them can change the response you get, will they react in a supportive way or do they not help still buy you the wrong things, bake you cakes are they not really hearing you and what you want.

If you haven't got the support and help you would like consider:
How did you say it? Could you say it differently?

OUT OF YOUR MIND

So far we have focussed on your conscious and subconscious actions, beliefs, thoughts, feelings and habits. As a result you are more aware of how you think and feel about

weight loss, what it means to you, how you can use the power of your mind to challenge any unhelpful behaviour patterns, thoughts and feelings. Becoming mindful of your actions, how you talk to yourself, your thoughts and feelings gives you the power to control and makes you much more self aware and ready to make changes for the better so you can leave those unhelpful actions and thoughts behind.

During this session we are, stepping out of your mind and taking a look at some of the outside influences and temptations that are part of your everyday life. These are areas you will have to deal with and so having a battle plan ready helps you avoid any temptation to resort to your old unhelpful habits.

THE SABOTEURS - DEALING WITH PEER & FAMILY PRESSURE

Family or friends can either be undermining with the lifestyle changes you are making. You may relate to a situation where you did something you didn't really want to do just to please someone else, to avoid confrontation or ridicule. Then afterwards you may have experienced negative feelings of annoyance or guilt with your actions.

Whatever their reason for appearing to undermine or belittle your new choices, it is their issue not yours, you are well within your rights to eat, drink or behave in a way that makes you feel good about yourself. You owe that to yourself. It doesn't mean you do not care about your friends or family. Their behaviour can be from wanting to show you love with food or perhaps they feel threatened in some way by the changes you are making. Their action is coming from a positive place from their own point of view but it does not have a positive outcome for you.

So how would you deal with friends and family members who are not giving the support you want? Have you experienced this in the last few weeks? How did you deal with it? What was the outcome? Try new ways to deal with these situations, through your language. You need to become the influencer and take the control back.

Some suggestions on becoming the influencer and standing by your choices:-

1. Be upfront with friends and family. Inform them you are changing your lifestyle habits, say you want to change your eating habits to boost your energy, for health issues, because you want to feel better and happier about yourself. Explain your motivation, give them that deeper reason which isn't just about the weight loss; the weight loss is just a bonus side effect of the changes you are making. Watch how they react differently, they will take it more seriously.

Get loved ones on your side, acknowledge their action show your appreciation "It's been really nice of you for baking for me but I'm cutting down on eating cake/scones/biscuits/sugar so I won't need anymore thank you".

Get them involved, small steps for them too, don't change all their meals at once. Get them looking for recipes they might like to try.

2. Say "No" in a confident and polite way, do not hesitate with your response this gives your friends/family the signal that you are open to persuasion. Decide before you enter a situation if you want/need a treat and stick by your decision, do what is right for you.
3. Dealing with passive aggressive comments such as "thought you were on a diet", "you've become obsessed with dieting.." "you need some meat on your bones" "thought you were being healthy" etc.

Don't let these comments bring you down or make you defensive, you do not have to justify your choices to anyone. Your response can be polite "I wouldn't say obsessed I'm just conscious of what I eat", "No, no diet I eat what I want to" "trust me I'm in no danger of wasting away, I love eating too much".

4. Dealing with the saboteur who wants you to eat, the "go on one won't hurt", "have another" Stick to your guns in a polite way such as "it looks delicious but I don't have any room for it right now", "would you mind if I don't this time?", "thanks but I don't feel like it right now, is that okay?", "even use a little white lie if you feel you need to "I don't feel quite right today, I feel a little queasy so I better not".
5. Think ahead to your birthday, Christmas or other special occasions when you may be treated to cakes or the meals might be out of your control. Decide if you are just going to go with the flow or if you would rather not have a birthday cake, presents of chocolate etc. You can always contact those concerned ahead of an event and discuss healthier options?

Remember if you are not getting the response you want consider the message you are giving out and change how you say it. You can have a play with this through all areas in your life not just with food.

HINTS AND TIPS WITH EATING OUT

COURSES - THREE, TWO OR ONE?

If you always eat three courses do you need to? Do you feel too full? If you eat all three you are probably eating a whole day's calorie allowance or more in one sitting. It can depend where you are eating, some restaurants have correct portion sizes others can be super sized portions.

TRIM DOWN ON THE EXTRAS

For example if you're going for an Indian would you normally have a naan and rice, possibly pappadams as well. If you have pizza do you order a dish of garlic bread or chips as well? Consider cutting out the extras altogether or swapping them for a healthier option like a side dish order to that of a dish of healthy vegetables.

PLAN AHEAD

Have a look online at the restaurant you're going to, decide before you get there what the healthier options are. Also, do not cut back all day and arrive at the restaurant starving, eat well in the day, within your calorie allowance, fill up on protein and fibre so you feel reasonably satisfied before you go.

If you are not sure of the healthiest options check out online some hints and tips. If you are going for an Indian avoid sauces, especially those with cream. A lentil or chickpea dish is a great choice. Consider side dishes of vegetables instead of rice.

WATCH YOUR DRINKS TOO

Consider limiting yourself to one drink with your meal and order a jug of tap water. Even juice drinks are high in sugar and calories, so avoid them if possible.

SUPERMARKETS & MARKETING

Last session we discussed that really you only need to visit 20% of the shelves in a supermarket to find all the real food and avoid all the junk in the remaining 80% of the shop. The processed products full of additives, processed so much most of the goodness has been lost.

Consider having a weekly vegetable box delivered or shopping online for all your weekly shop. This avoids temptation and saves you money too.

THE MARKETING TRAP

Be aware of clever marketing tricks and do not instantly believe all that is promised. There is so much money made from cleverly marketed health foods and what they allegedly can do for you. There is no one super food; all of nature's foods are super foods.

There is a minefield of supplements available, some even promising to aid weight loss, when you check the small print it usually states "when used are part of a balanced diet" or even "calorie controlled diet", so do the balanced, calorie controlled diet and you will be successful without the supplement! Supplements do have their place in certain circumstances but do your research and read the small print. None of them are the magic pill to weight loss.

More recently we are more aware of the low-fat and low-calorie options available in the supermarkets are not all they appear to be. We were led to believe from the marketing they were the healthiest options, however, the addition of extra sugar or salt to enhance the flavour of these foods then means they are not always the best or healthiest option. Always take time to check the labels and compare the different versions available so you pick the healthiest.

Also consider if you are choosing a food which says low-fat, low-calorie is it really food? Vegetables , fruit, nuts, seeds, chicken and fish never require such labels.

How much sugar and salt should you have?

Recommended	Salt	Sugar
Daily maximums	6g salt / 2.4g sodium	25g/30g Female / 37g Male

What's behind the "low fat" message:

- Low-fat, sweetened breakfast cereals are high in sugar, including "healthy" varieties such as granola.
- Plain yoghurt made from whole milk is healthy, but sweetened low-fat yoghurt can be as high in sugar as desserts.
- Low-fat and fat-free salad dressings contain sugar and additives but lack the benefits of healthy fats like olive oil.
- Reduced-fat peanut butter contains sugars and processed oils yet provides the same number of calories as natural peanut butter, which is much healthier.
- Low-fat cereal bars are high in sugar but low in fibre and protein. In addition, they contain far more sugar than fruit.
- Low-fat margarine and spreads are highly processed. They are made with unhealthy vegetable oils.



Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



Check the labels and be more aware of what you are buying.

EXERCISE

Exercise is the most potent and under utilised antidepressant and stress buster and it's free.

I haven't discussed exercise a great deal up to this point because weight loss is 80% what you eat and 20% exercise. It is impossible to out exercise a bad diet. Exercise is better used to make you feel good, finding the right exercise for you. Exercise should be used as a punishment for eating or to earn food.

How much exercise should you do?

That depends on you and how much time you have. Some exercise is better than none. Start with x minutes a day, x times a week, build on it until you find a routine you can keep to and enjoy. Any minutes better than zero minutes.

The experts say 150 minutes minimum a week. Can you build up to that? Start slowly, add something in which fits to your lifestyle. 1 class a week then try 2 or build up from a ten minute walk a day to 20, 30 minutes.

Exercising for Weight Loss

With regard to weight loss exercise certainly helps, it increases your body's metabolism, burns the energy you fuel your body with and helps burn any stored energy (fat). However, for weight loss it needs to go hand in hand with good eating and drinking habits. It is impossible to out train a bad diet. 80% of weight loss comes from how much you eat and how much fuel you put into your body in the first place.

Exercise is great for the mind

The biggest part exercise plays in the role of a healthy lifestyle, is your mindset, it makes you feel better about yourself, about life, the endorphins released after exercise are such a pick me up and when you feel better about yourself you are more inclined to want to look after yourself. It is a great way to release stress too.

Do you love or hate exercise?

Think back to your mindset on this and how we changed your mindset around on some of the foods you eat. Focus on the positives of the exercise, what it does for you. Challenge those negative thoughts. You may have engrained negative memories from PE school days which make you still believe you hate exercise.

You didn't have a choice at school but you do now. You choose when, what and how much you do. If you have tried since school and still didn't enjoy the, maybe you haven't found the right exercise for you, maybe you gave up too soon, it does get easier if you stick at it.

Keep trying different exercises until you find what you love to do. Walking, dancing, cycling (indoors or outdoors), swimming, weight lifting, running, boxing, badminton, kayaking, yoga or pilates. It doesn't have to mean a gym membership and working out for an hour either.

If you are suffering from any medical issues which could be affected by exercise check with your doctor before starting out on any new exercise regime.

Engaging friends or the family in some exercise is a great way to keep each other motivated too. Keep is simple and enjoyable. It should never feel like a chore.

Some days are harder for find motivation than others but then you focus on how you feel after the session when you are really pleased that you did it.

Some useful websites:-

www.bhf.org.uk/informationsupport/support/healthy-living

www.nhs.uk/live-well/eat-well/healthy-food-swaps/

<https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/>

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

www.nutrition.org.uk/healthyliving

Have a good week.

Jane

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