

**DAY 2**



*Obesity &*

**FOOD ANXIETY  
SERIES**

BY CHIKEITHA OWENS LPC CBC, CCTP

**LICENSED PROFESSIONAL  
COUNSELOR**

*Introduce*  
**ABOUT ME**

Private Practice: Owner of  
Abundance of Hope Counseling est.  
2009

Location: Corinth, Texas (Tele-Health)

Mother and Wife: 3 Boys 8, 26 and 24

Implemented the W.A.I.T program

Walk-Approach-Initiate-Transform-  
12-Week Course

[www.dfwwaitloss.com](http://www.dfwwaitloss.com)

[bariatricadvocates.com](http://bariatricadvocates.com) Bariatric  
Professionals Listing Directory

[www.abundanceofhope.com](http://www.abundanceofhope.com)



**CHIKEITHA OWENS  
LPC, CBC, CCTP**

Focus Area:  
Trauma and Obesity



# PURPOSE

The role of a Dietitian is very important in the life of Bariatric patients. This 2-Day Series on Obesity and Food Anxiety will help Dietitians raise their level of understanding when it comes to working with their patients during the upcoming holidays. Participants will understand how nutrition can be used to support trauma. Participants will learn about the different types of foods that support trauma. They will gain tips to help their patients cope with meal prep anxiety. They will learn about how the texture of food can cause emotions for some patients. Participants will leave better equipped to assist their patients in this area.



# BRIEF SUMMARY

- Holiday Blues/Seasonal Affective Disorder
- Understand Anxiety
- Understand how Anxiety can be associated with Food
- Understand how emotions can be attached to Food
- How nutrition can support trauma
- Meal Prep Anxiety
- Gain Tips to help Clients Cope
- How to approach the Holidays





**OBESITY & FOOD ANXIETY SERIES**

# NOTE TAKERS ARE CHANGE MAKERS



# STORY TIME





**OBESITY & FOOD ANXIETY SERIES**

**YOU ARE HUMAN FIRST**





**OBESITY & FOOD ANXIETY SERIES**

# SEASONAL AFFECTIVE DISORDER

# SAD





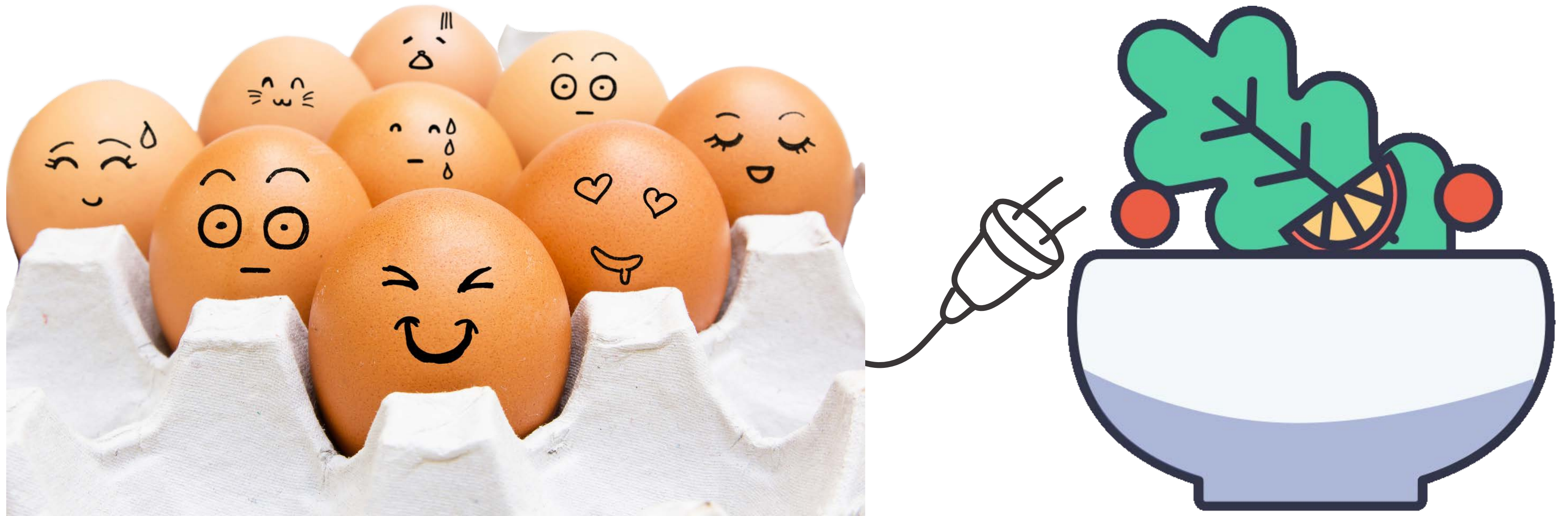




types of stressors  
**types of stressors**

OBESITY & FOOD ANXIETY SERIES

# Emotions connection to Food



**foods that increases anxiety**  
food that increases anxiety

processed foods  
processed foods



**behaviors that increases anxiety**  
behaviors that increases  
anxiety



foods that love you back  
**foods that love you back**



# Foods that Reduce Stress





# FATTY FISH - OTHER SEAFOOD)





## FATTY FISH - OTHER SEAFOOD)

- Wild-caught salmon
- Omega-3s & amino acids (phenylalanine, tyrosine, tryptophan, more)
- Vitamin D, B6 & B12, selenium, (calcium, if w/ bones)
- One of the best-studied foods in terms of depression & anxiety

# **MEAT, POULTRY, EGGS, DAIRY + SOY**



Lindseth, G., Helland, B. and Caspers, J. (2015) The effects of dietary tryptophan on affective disorders, Archives of psychiatric nursing.

U.S. National Library of Medicine.

Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393508/> (Accessed: November 20, 2022).



# **MEAT, POULTRY, EGGS, DAIRY + SOY**

- All meats, fish, eggs, dairy & soy are excellent sources of amino acids & complete proteins



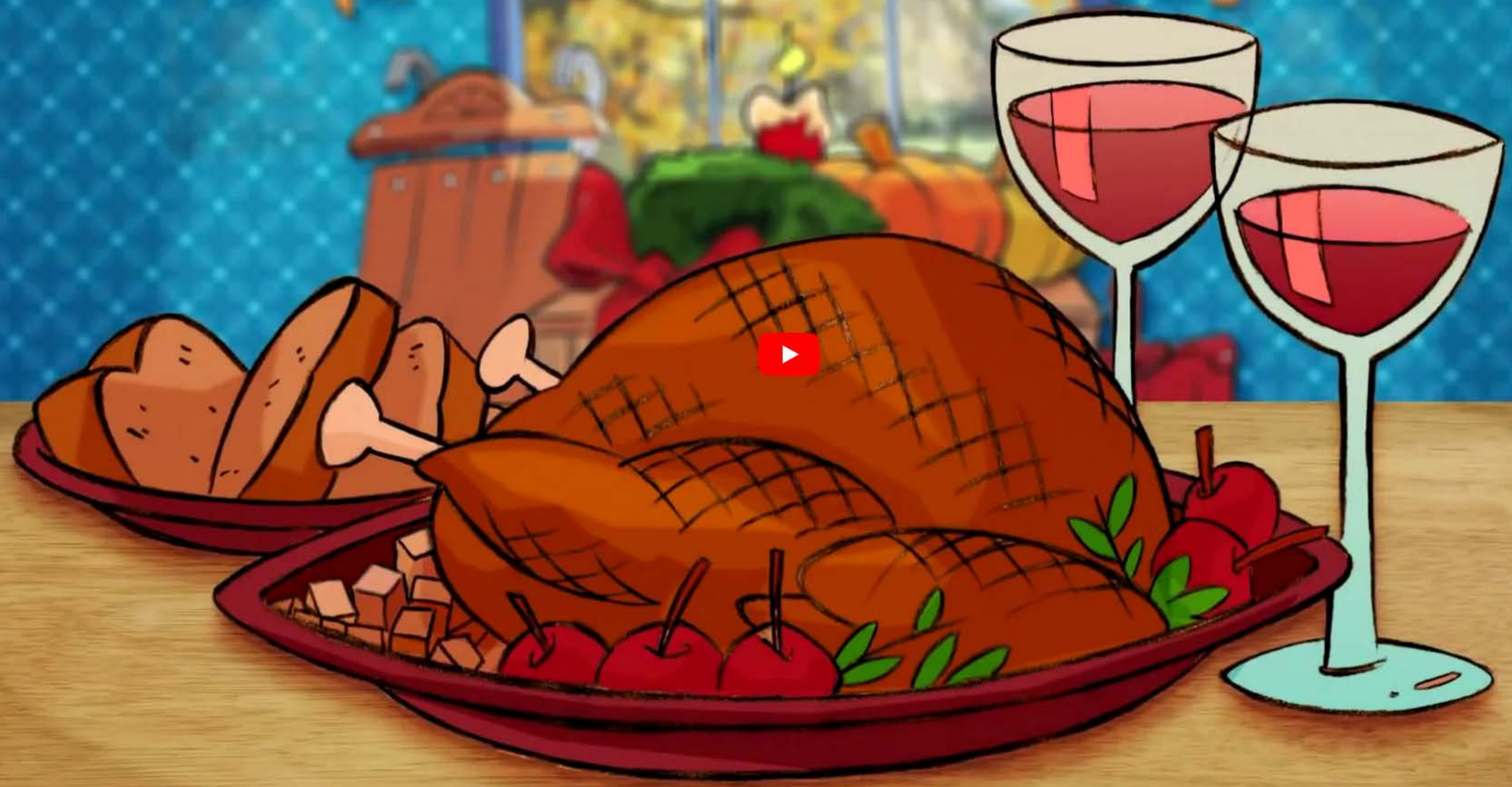
Lindseth, G., Helland, B. and Caspers, J. (2015) The effects of dietary tryptophan on affective disorders, Archives of psychiatric nursing. U.S. National Library of Medicine.

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# PROBIOTIC/FERMENTED FOODS





# PROBIOTIC/FERMENTED FOODS

Probiotic yogurt

- Benefits of dairy + probiotics: associated with mental health
- Specifically studied, shown to improve mood, anxiety & depression

Fermented foods (sauerkraut, kimchi, kombucha, kefir)





# **NUTS & SEEDS**





# **NUTS & SEEDS**

- Pumpkin seeds
- Chia
- Flax
- Hemp
- Peanuts
- Almonds
- All have a source of amino acids and many other nutrients

# **VEGGIES**





# **FRUITS**





# TOOLS YOU CAN USE



# COPING ANXIETY

4-7-8



# COPING ANXIETY

4 - 7 - 8

**Breathe in for  
4 Seconds**

**Hold your  
Breath  
for  
7 Seconds**

**Breathe out  
for  
8 Seconds**

# BREATHING EXERCISE





# BREATHING EXERCISE

**Pay Attention to Each  
Breath**



**Feel the Breath  
Traveling through the  
body**

# COPING ANXIETY

## Grounding Technique

5-4-3-2-1



# COPING ANXIETY

5-4-3-2-1



5 Things  
you see



4 Things you  
can touch



2 Things you  
can smell



3 Things you  
can hear



1 Thing you  
can taste

# COPING ANXIETY

*it's okay to feel*



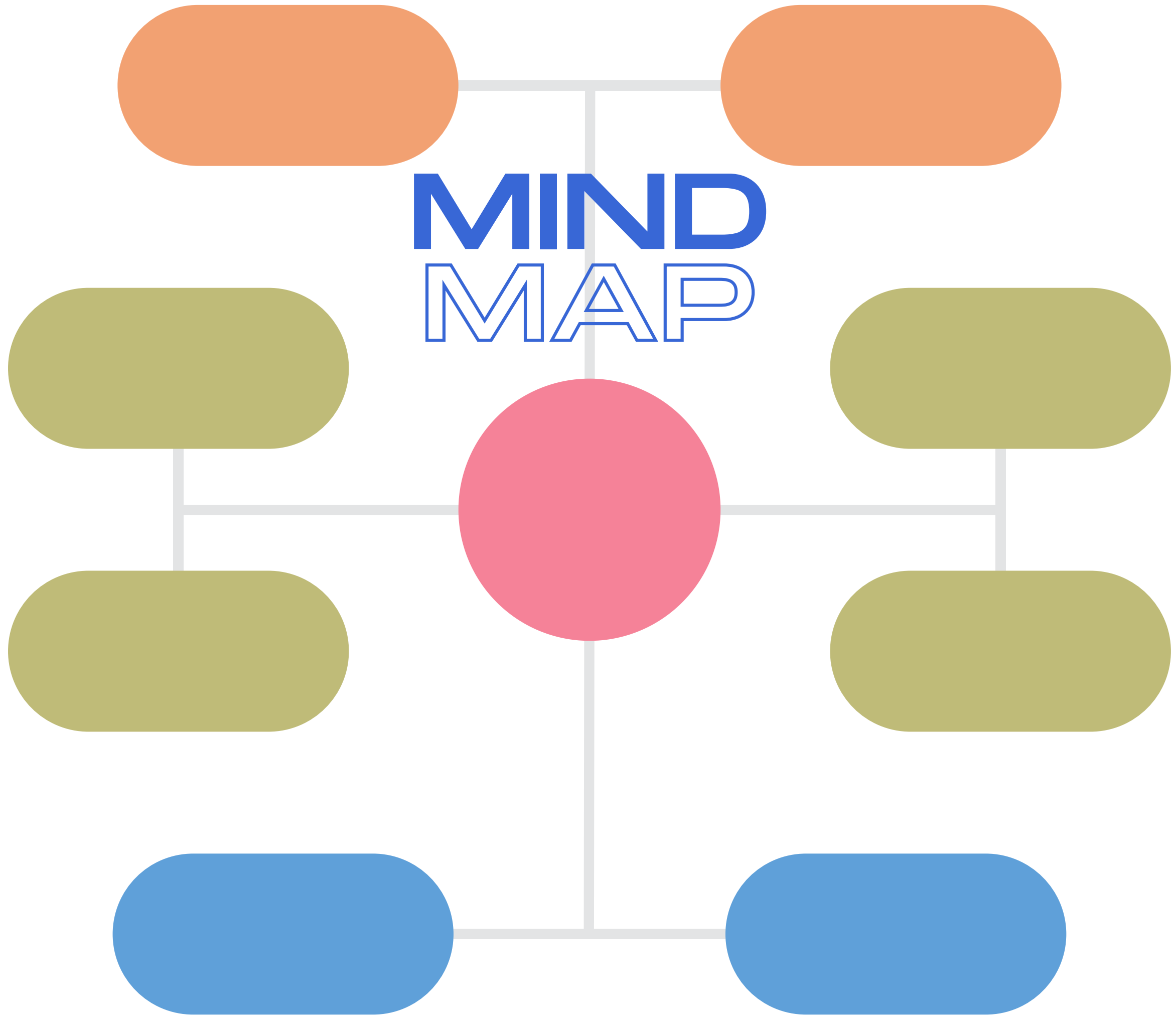
*your feelings*

## **Name That Feeling**



# COPING ANXIETY





# MIND MAP

Main Thought

Holidays Approaching

Struggling with Coping

Mechanisms to help with Moderation and Choices



# MIND MAP

People will be  
staring at me

My family won't  
understand

I might eat too  
much and get  
sick

# MIND MAP

I will be around  
a lot of food

I won't be  
able to control  
my eating

People will be  
asking questions



# MIND MAP

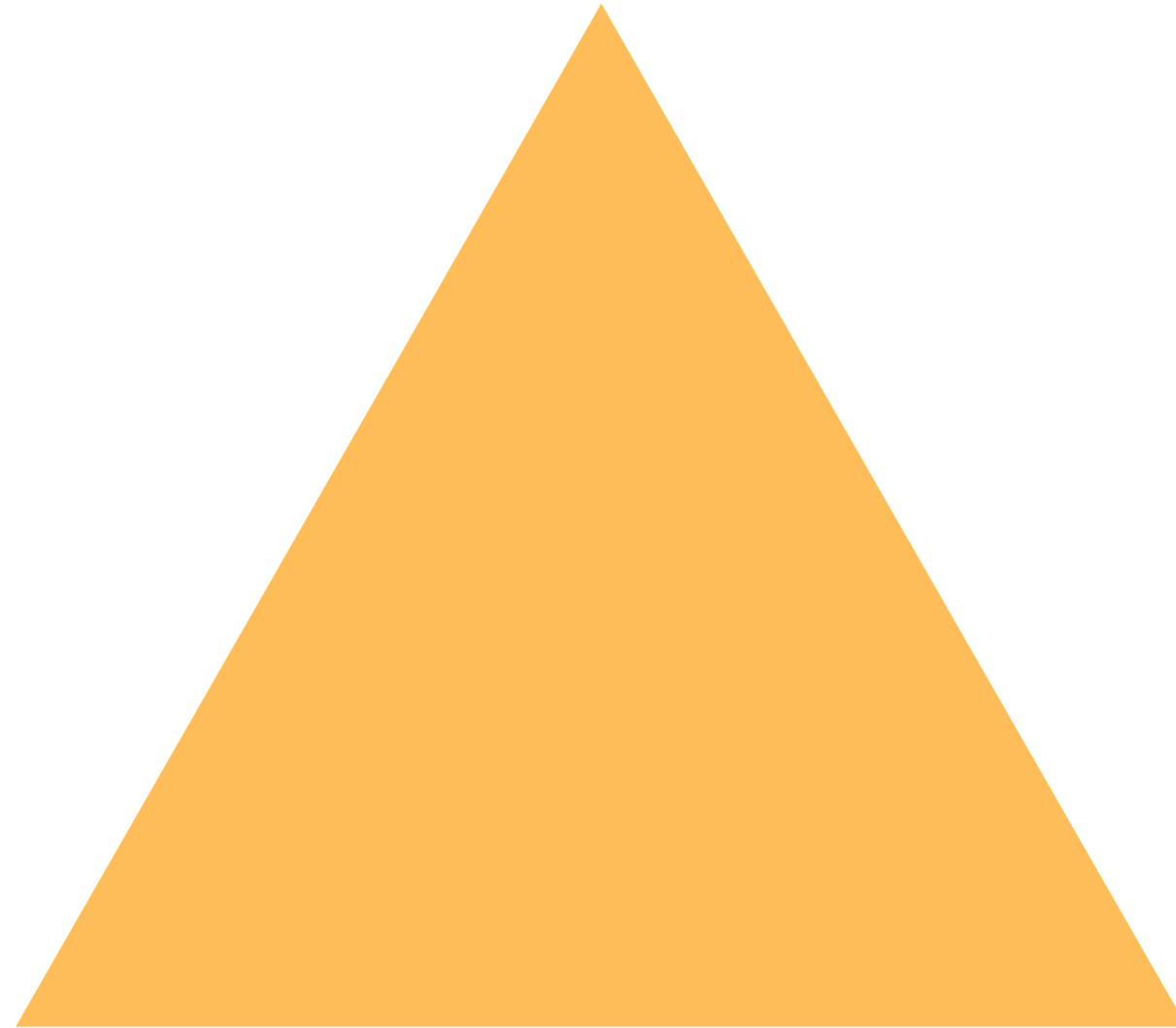
Gaining Weight  
Relaspe  
Feeling like they have to  
start all over

# COGNITIVE BEHAVIORAL TRIANGLE

**THOUGHTS**

**FEELINGS**

**BEHAVIORS**





# CONTROL CIRCLE









# VISION

Have them think about what their vision is on their weight loss journey.

Start with the end in 

# GOALS

Have them think about what their goals are on their weight loss journey.

**A Vision is Imagined and Felt; Goals are Thought and Done**

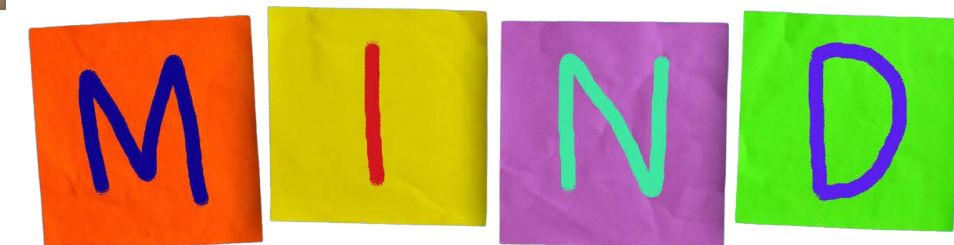
*developinggoodhabits.com*



# VISION BOARD



Start with the end in





# PLAN

"A plan is typically any diagram or list of steps with details of timing and resources, used to achieve an objective to do something."

**Make sure the plan is realistic and achievable.**

***wikipedia.com***









# ACTION

Help them think about how they can take action.





# ACTION

a thing done : deed ; b · the accomplishment of a thing usually over a period of time, in stages, or with the possibility of repetition.

*Miriam Webster Dictionary*







SUCCESS



# SUCCESS

Success is the state or condition of meeting a defined range of expectations.

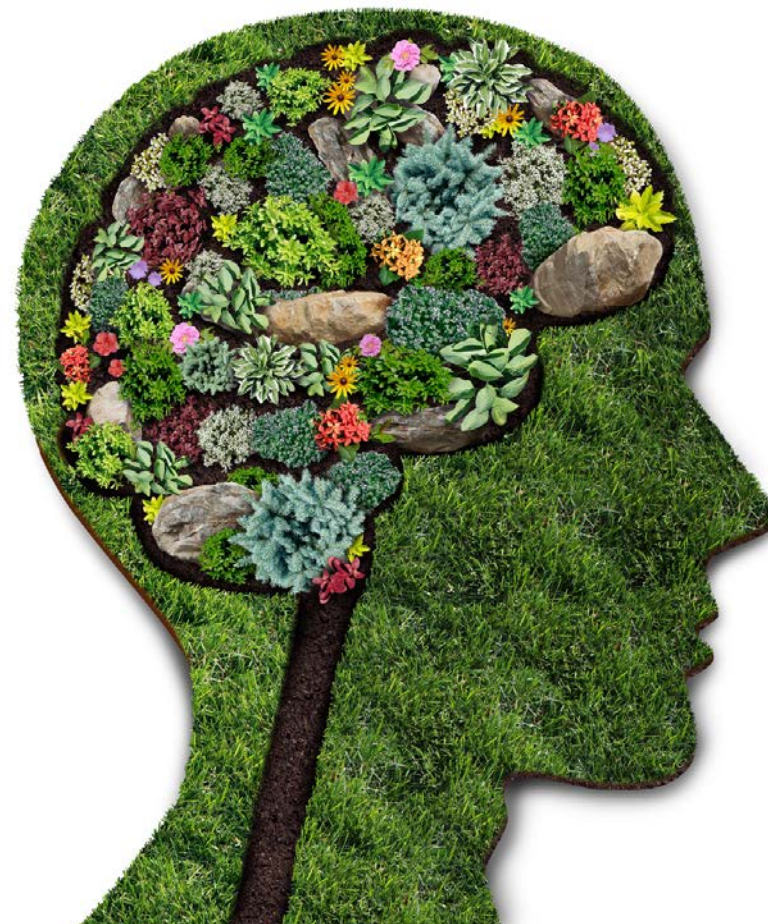
*wikipedia.com*



# SUCCESS

"When you do the right thing  
when you are still hurting that is growth."

Joyce Meyers





# Contact Me



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[Linktr.ee/ahopecs](https://linktr.ee/ahopecs)

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