

Adapting to the Changed World: Creating a Mental Health Toolbox

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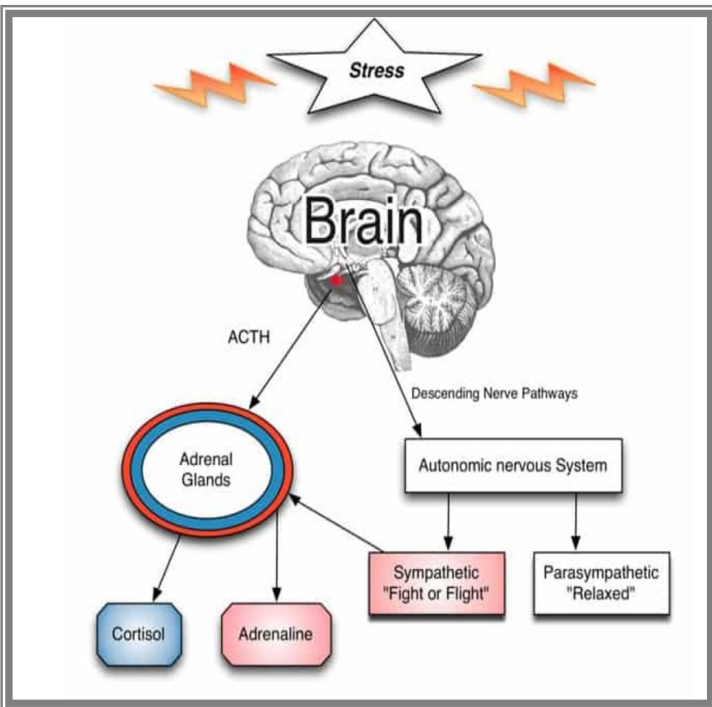


With gratitude to my bariatric patients.
They have shown me the way to help and
the inspiration to do it better each day.



Stress!

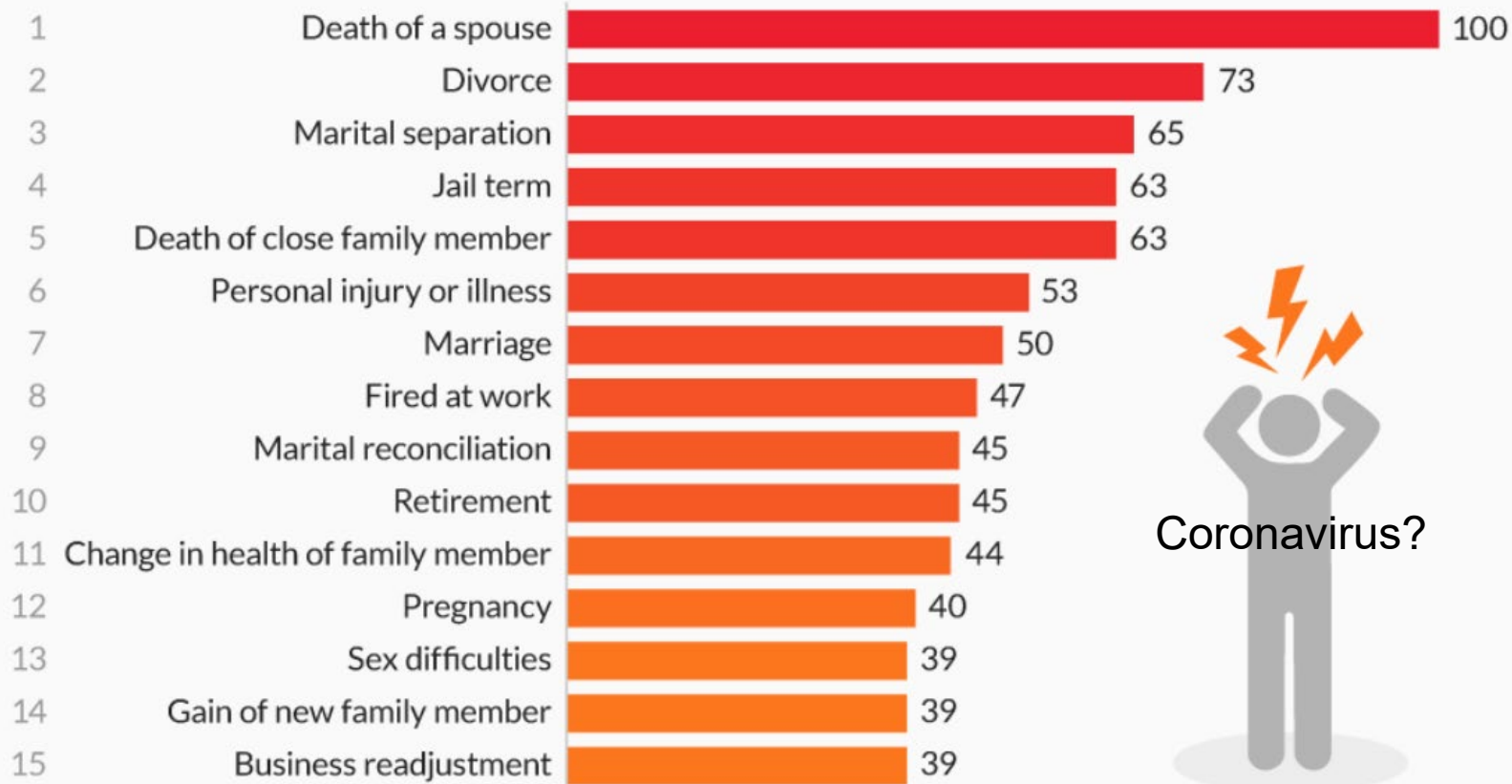
- A normal reaction to a perceived threat
- Stimulates the sympathetic “fight or flight” nervous system
- Production of stress hormones (cortisol)
- Increased arousal
- Helpful in dealing with dangerous situations, may take on a life of its own with perceived chronic stress





Life's most stressful events in one chart

Impact score of stressful life events (100 = most stressful)



Coronavirus?



@StatistaCharts

Source: The Social Readjustment Rating Scale by T.H. Holmes and R.H. Rahe, 1967

indy100

from The INDEPENDENT

statista



Cortisol reducers

- Regular physical activity
- Relaxation/meditation
- Social connection
- Humor
- Music
- Positive physical contact

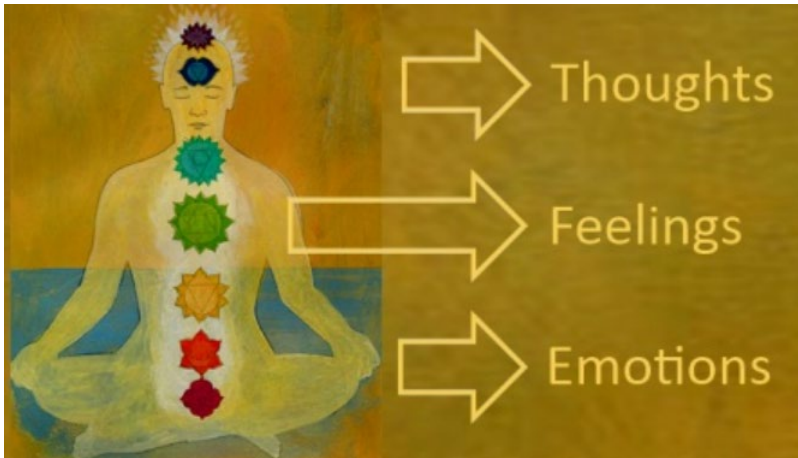


What is in your control?

- Create & Follow a Schedule
- Exercise where possible
- Attitude – Limit negative thinking
- Reframe responses



In your mind's eye



- Recognize your thoughts
- Accept the feelings
 - Normal to feel sad, stressed, scared
- Analyze what is rational
- Consider limiting Television & Screen time, Just enough to feel informed but not overwhelmed



Be in the moment

- Focus on the present
- Mindfulness exercises
- Deep breathing
- Spend time with pets
- prayer



Mindful eating

- Eat at a table without distractions
- Take your time 30-45 mins per meal
- Chew thoroughly, at least 40 chews/bite
- Focus on what you are eating & enjoy
- Shop with a list



Physical activity

- Stretching
- Armchair exercises
- Light weights
- Walking locally
- Jogging in place
- Yoga
- exercise videos on demand or the internet



Stay connected



- Phone calls
- Skype, facetime, whatsapp, zoom
- Social media
- Online games, jackbox.tv, fortnight
- Online groups
- Virtual religious services



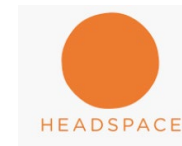
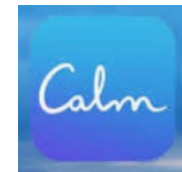
Get things done!

- Unique opportunity
- Catch up on reading
- Pay bills
- Binge watching
- Clean the house
- Organize your space
- Plan future events
- Online education/pick up a new skill



There's an app for that

- Insight timer
- Calm
- Headspace



<https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html>





Be safe

- Use common sense + wash hands
- Keep a safe distance
- Avoid unnecessary risks
- Limit shopping trips
- Support others remotely
- Limit alcohol intake and stop smoking



Behavioral Tips with Weight Regain

- Reinforce the positive habits and results
- Tweak the negative habits through small shifts
- Follow the patient's lead in making changes
- Teach positive self-talk and language
- Encourage more intense follow-up
- Engage support system whenever possible
- Instill hope



Problematic Eating

- Mindless eating
 - Too rapid
 - Not chewing enough
 - Distracted eating
- Carbohydrate craving
- Repeated vomiting secondary to poor habits



Binge Eating Disorder

- Prevalence in the bariatric population = 25%
- Tends to decrease after surgery
- May be replaced by “loss of control” eating
- Linked to decreased weight loss, increased distress

deZwaan et al., Comprehensive Interview Assessment of Eating Behavior 18-35 Months After Gastric Bypass Surgery. SOARD. 2010.

- Comorbid binge eating disorder corresponds to higher rates of Axis I and Axis II pathology

Malik et al., Psychopathology in bariatric surgery candidates: A review of studies using structured diagnostic interviews. Comprehensive Psychiatry. 2014.



Grazing

- Examination of behavioral variables affecting outcome with RYGB surgery
- Grazing = Nibbling, snacking, or eating small amounts of food in an unplanned and repetitious way
- 274 gastric bypass patients ≥ 1 yr post-op
- Most study patients were 5 yrs post-op
 - 68.3% of patients grazing $<$ daily had $> 50\%$ EWL
 - 27.6% of patients grazing \geq daily had $> 50\%$ EWL

Robinson, Adler, Stevens, Darcy, Morton, and Safer, SOARD, 2014



Disordered Eating

- Group or individual CBT
- Preoperative CBT can reduce binge eating

Ashton et al., Brief, four-session group CBT reduces binge eating behavior among bariatric surgery candidates. SOARD. 2009.

- CBT ↑ weight loss, ↓ regain
- Effective in treating postoperative disordered eating

Paul et al. Cognitive behavioral therapy and predictors of weight loss in bariatric surgery patients. Curr Opin Psychiatry, 2017.



The Cognitive Behavioral Approach



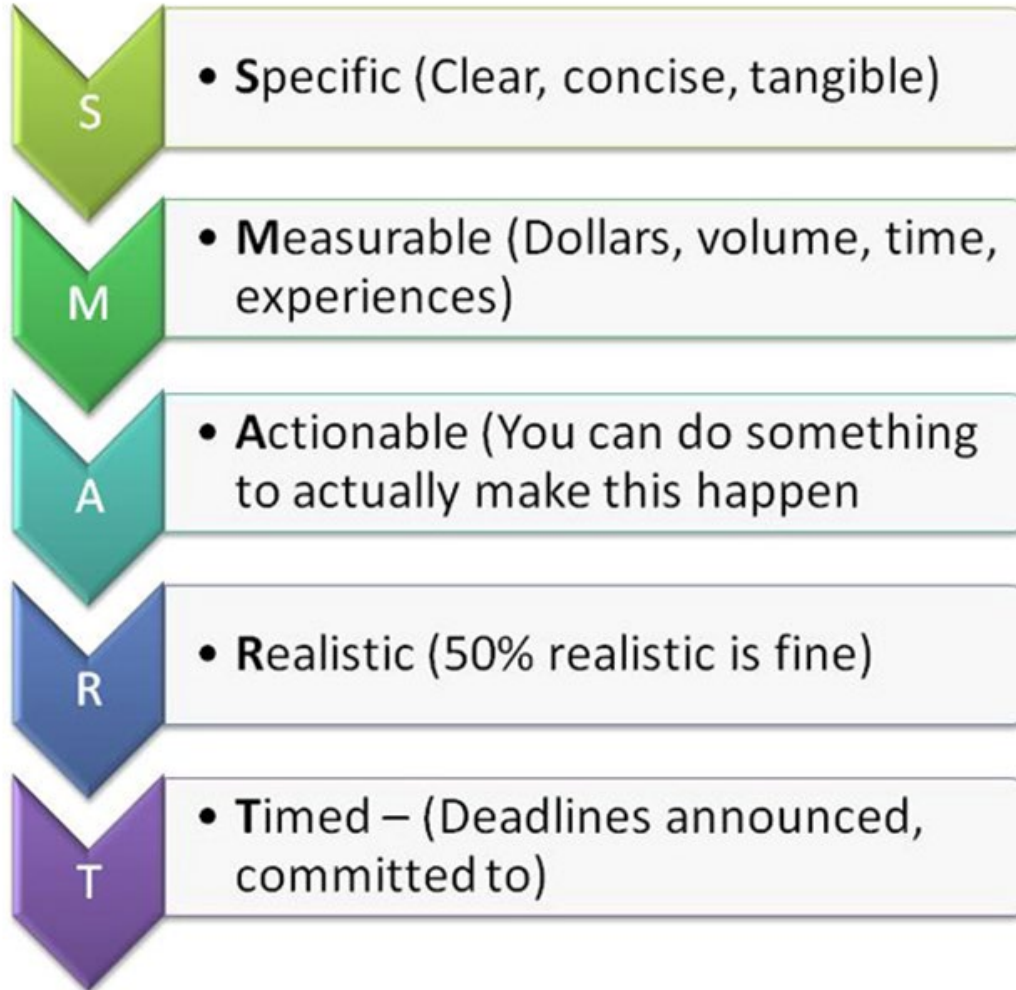


Creating Goals

- First step in behavioral therapy
- Must be realistic
- Best to start small
- Use S.M.A.R.T. goals



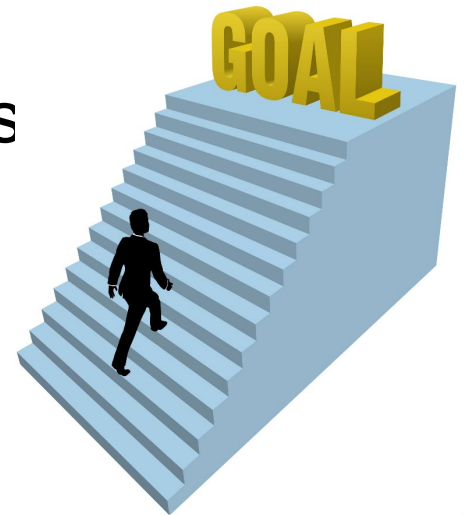
S.M.A.R.T. Goals Defined





One Step at a Time

- Break goals down into small, manageable steps
- Small, steady change is the key to success
- Write your goals down with deadlines
- Track your progress





Micro-goals



A body in motion tends to stay in motion unless acted on by an outside force.

~ Isaac Newton

- Starting a goal encourages staying on task
- Even a few minutes increases progress
- Harvard Business Review: incremental progress increases engagement and happiness



Use the Why to find the How

- Focus on motivation
- Amplify reasons for change
- Be vivid
- Cultivate visual, verbal, tactile images
- Generate as many “whys” as possible
- The bigger the “why”, the easier the journey



The Why





Self-Monitoring

- The most effective behavioral strategy
- Weight
- Fluid
- Protein
- Food logs
- Calories
- Activity trackers

Raynor H, Champagne C. Position of the Academy of Nutrition and Dietetics: Interventions for the Prevention and Treatment of Overweight and Obesity in Adults. J Acad Nutr Diet 2016;116:129–47.



Self-Monitoring



My Fitness Pal



fitbit.



SPARKPEOPLE



BARITASTIC



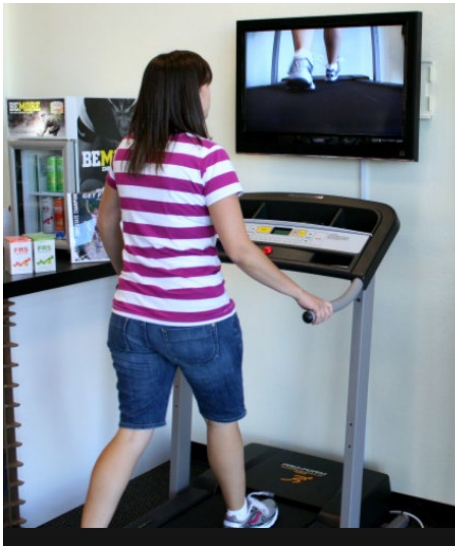


Stimulus Control

- What stimuli lead to what responses
- Changing conditioned responses
- Recognize behavioral links
- Environmental shifts to change responses
 - Keep trigger foods out of sight
 - Healthy foods readily available
 - Creating supportive resources
- Positively reinforce healthy changes



Stimulus Control





Mindfulness

- Focusing only on eating at a meal
- Slowing down
- Planning ahead
- Shopping with a list
- Using smaller plates
- Small bites, chewing thoroughly



Relaxation Training

- Reduce stress to enhance success
- Stress hormones impact sleep and weight
- Deep breathing
- Mindfulness meditation
- Visualization
- Progressive muscle relaxation



Guided Imagery



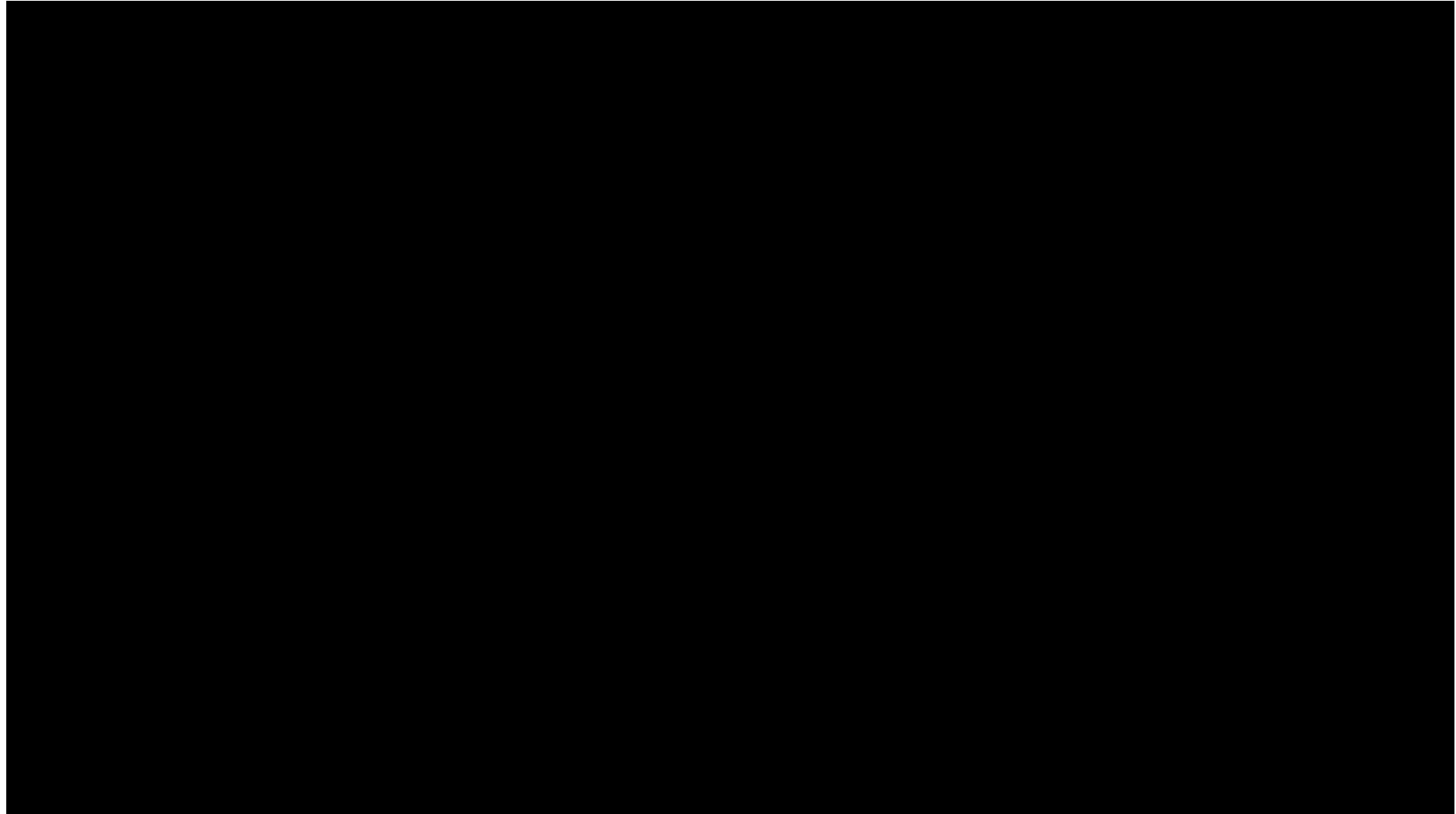


Progressive Muscle Relaxation





Diaphragmatic Breathing





Behaviors to Reinforce

- Shifting to healthier meals
- Healthy treats
- Hydration
- Walks and physical activity
- Strength training
- Socializing
- Self-care



Physical Activity

- Physical activity as opposed to exercise
- Set reasonable goals
- Some activity is better than no activity
- Find something enjoyable
- Increasing time and then intensity
- Critical for keeping weight off



Benefits of Walking



1. Reduces weight promoting genes – 12,000 person study found a brisk daily walk for an hour muted half of our genes which encourage fat storage
2. Helps decrease a craving for sweets – two British studies found walking at least 15 mins. reduces chocolate and sugary snack intake
3. Lowers the risk of breast cancer- women walking 7+ hours per week cut their breast cancer risk by 14%
4. Cuts down on joint pain – walking at least five miles per week protects joints from osteoarthritis
5. Strengthens the immune system – walking at least 20 mins. 5x/week reduced sick days during flu season by 43% in a study of 1,000 people

Harvard Medical School HEALTHbeat, 2020



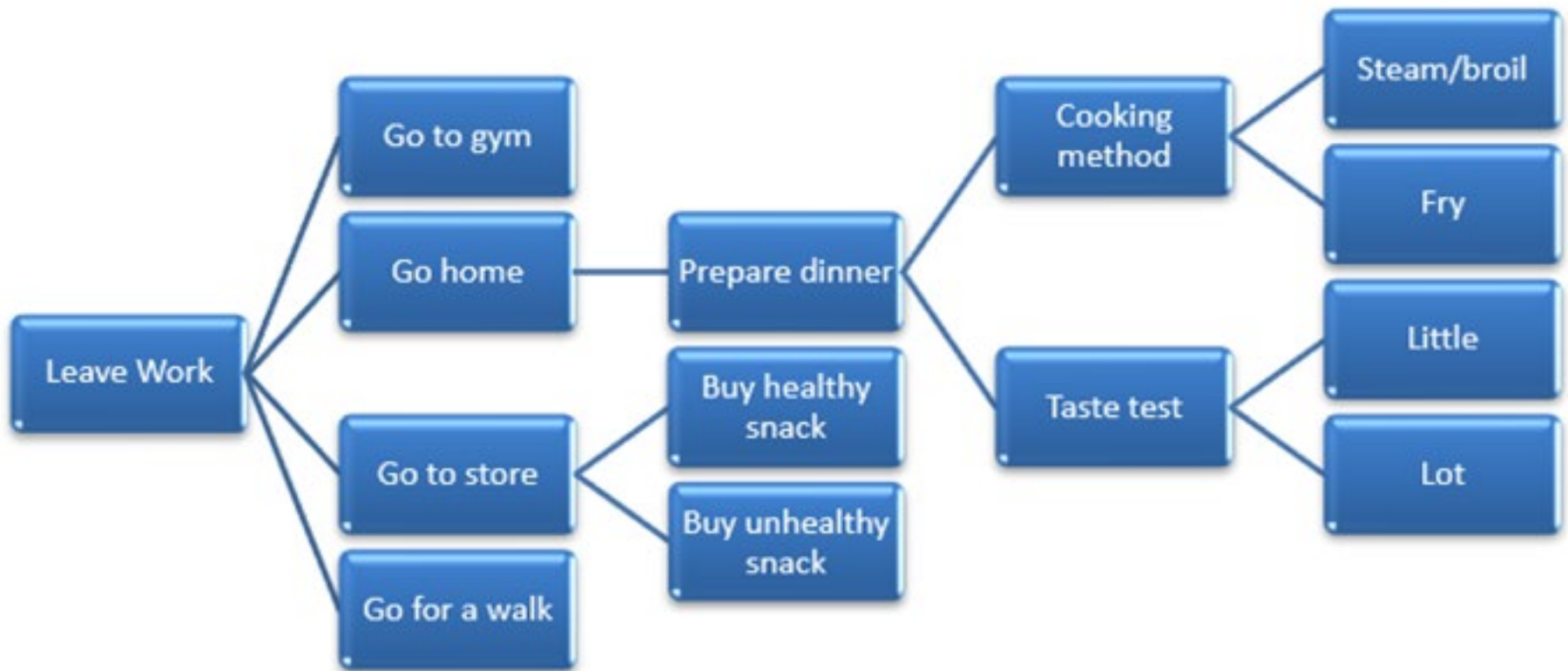
Behavioral A,B,C's



- **A**ntecedent – the situation which led to the behavior
- **B**ehavior – how you chose to act
- **C**onsequence – results of the behavioral choice



Behavior Chains





Cognitive Restructuring

- Correcting cognitive distortions
 - “I ate badly today so I might as well give up”
 - “I haven’t lost as much as many on Facebook, so I’m not doing that well”
- Negative self-talk
 - “I eat junk food at work because I’m lazy”
 - “I’ve only lost 1 kg/ 2lbs. so I’m a failure”



Cognitive Distortions

1. ALL-OR-NOTHING THINKING

You see things in black and white categories. If your performance is imperfect, you see yourself as a total failure.

2. OVER GENERALIZATION

You see a single negative event as a never-ending pattern of defeat.

3. MENTAL FILTER

You pick out a single negative detail and dwell on it exclusively so that your vision of all reality become darkened, like the drop of ink that discolours the entire beaker of water.

David Burns, Feeling Good



Cognitive Distortions

4. DISQUALIFYING THE POSITIVE

You reject positive experiences by insisting they “don’t count” for some reason or another. In this way you can maintain a negative belief that is contradicted by your everyday experiences.

5. JUMPING TO CONCLUSIONS

You make a negative interpretation even though there are no definite facts that convincingly support your conclusion. There are two versions:

a. Mind Reading: You arbitrarily conclude that someone is reacting negatively to you, and you don’t bother to check this out.

b. Fortune Telling: You anticipate that things will turn out badly, and you feel convinced that your prediction is an already established fact.

David Burns, Feeling Good



Cognitive Distortions

6. MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION

You exaggerate the importance of things (such as your goof-up or someone else's achievement) or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections).

7. EMOTIONAL REASONING

You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."

8. SHOULD STATEMENTS,

You try to motivate yourself with "should" and shouldn't's", "musts" or "oughts" leading to guilt. Directing "should" statements toward others leads to anger, frustration, and resentment.

David Burns, Feeling Good



Cognitive Distortions

9. LABELING AND MISLABELING

You attach a negative label to yourself: “I’m a loser” or a label on someone else who bothers you. Mislabeled involves describing an event with language that is emotionally loaded.

10. PERSONALIZATION

You see yourself as the cause of some negative external event which in fact you were not primarily responsible for.

David Burns, Feeling Good



Dysfunctional Thoughts

Table 4 – Dysfunctional Thoughts Record. Judith Beck⁵² and Beck et al.⁵

Dysfunctional thoughts record				
Situation	Automatic thought	Emotion	Adaptive answer	Result
Specify the situation, what happened? Where were you, what were you doing? Who was involved?	Which thoughts and/or images did you have in your mind in that situation? Highlight the most important thought or the one which most troubled you. If possible, assess how much do you believe in each of the thoughts (0-100%).	Which feelings or emotions (sadness, anxiety, anger etc.) did you feel in that situation? If possible, assess the intensity of each emotion (0-100%).	Use the questions below to compose the answers to the automatic thoughts. If possible, assess how much do you believe in each alternative answer. Which are the possible cognitive distortions (see list of Cognitive Distortions) you have done?	Assess how much do you believe now in your automatic thoughts (0-100%) And in the intensity of your emotions (0-100%).

In order to build the alternative answer, do the questions:

1. What is the **evidence** that the automatic thought is true? What is the evidence it is not true?
2. Are there **alternative explanations** for the event or **alternative ways** of seeing the situation?
3. Which are the implications, in case the thoughts are true? What is the worst thing of the situation? What is the most realistic one? What you may do about it?



Practice Acceptance

- It is OK to feel uncomfortable
- Distance yourself from upsetting reactions
- Observe distressing thoughts without feeling they must be acted upon
- Practice mindfulness in making decisions
- Align your behaviors with your values



Focus on What you Control





Delegation Skills

- Delegation helps increase **accountability**
- Ask someone to be there for you when you are struggling
- Friends to walk or exercise with
- Smart watches to remind you to get up
- Activity trackers to keep you honest with movement
- Agree on healthy eating habits with family or roommates
- Work with a personal trainer
- Utilize a healthy food delivery service
- Set alarms to drink water or have a snack





*Self-care is not selfish.
You cannot serve from an empty vessel.*

Eleanor Brownn



Thank you for your Attention!



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