



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Six



Lesson Six Topics

Welcome to Week 6 of the BTYSP program!

- » Last week we focused on making substitutions in the kitchen and exercising more. In addition to your own personal goals, your session 5 BTYSP Tasks were to complete your daily tracking, weigh yourself daily, measure foods, assess portion sizes, redesign your plate, plan meals based on the food pyramid and make substitutions to lower calories and fat.

Goals Achieved

Date	Goal/Description	Strategies that helped me meet my goal

Goals in Progress

Date	Goal/Description	What helped/hindered me this week

Daily Stress

- » Stress is the body's normal physical response to anything that requires you to adjust to change. Stressors vary from minor inconveniences to major life traumas and express themselves in various forms that may include:
- physical stressors (fever, pain, illness)
 - environment stressors (weather, noise, housing concerns, traffic)
 - social and emotional stressors (financial concerns, job and family demands, having to make a big decision, guilt, loss)

As you lower your set point and reach a higher fitness level, your overall stress level will likely drop a little bit. It is unavoidable to eliminate all everyday stress, however learning to deal with your stress in a more positive manner can help prevent it from getting in the way of reaching your goals.

Ways to prevent stress

- » Certain stressors we can't plan for, but hopefully the exercises this week help you hone in on what some of your primary stressors may be, so that you can re-evaluate how you can reduce stress inducing circumstances. One very common reason people have stress is because they are not managing their time well.



- Take time for yourself by learning to say, “No.”
- Delegate or share some of your work or responsibilities with others. Don’t try to do it all yourself!
- Set achievable goals and relish in “small” successes.
- Plan ahead.
 - Make not of situations that have been stressful to you in the past. Plan for how to handle them or work around them.
- Take charge of your time.
 - Be realistic. Everything seems to take longer than you expect, so factor in extra time when making schedules.
- Get organized.

Ways to relieve stress

- » Nurturing your mental health to stay in balance is the key to managing your stress.

Mind-body techniques

Progressive muscle relaxation. Isolating specific sets of muscles, tensing them briefly, and then relaxing them creates a sense of release and “letting go” that can quiet a racing mind. Start at the top of your head and move down to your toes.

Deep breathing. This technique is intended to mimic the deep, slow breathing that’s typical during sleep, which stems from the diaphragm, the muscle between the abdomen and chest. While lying down:

- Place one hand on your chest and one on your stomach.
- Slowly inhale through your nose or through pursed lips (to slow the breath).
- Feel your stomach expand, which should cause your hand to rise.
- Slowly exhale through pursed lips
- Try to match the length of the exhale to the length of your inhale
- Rest and repeat 5 to 10 times

Meditation. This practice encourages you to focus your thoughts on the present moment, with a goal of quieting the mind’s distractions, not thinking about the past or the future. You can take meditation classes, and most yoga classes include meditation as well. Or try it on your own:



- Sit quietly in a comfortable position with your eyes closed
- Relax your muscles and take a deep, slow breath
- Choose a focus word or short phrase, perhaps one that resonates with your religious or spiritual beliefs (for example, “one,” “peace,” “amen,” or “shalom.”)
- As you breathe, repeat the word aloud or in your mind
- Assume a passive attitude, without concern about how well you’re doing. When other thoughts come to mind, simply say to yourself, “Oh well,” and gently return to your repetition.
- Continue for 10 to 20 minutes.

Visualization or guided imagery. A variant of meditation, this practice encourages you to focus instead on soothing images to help you relax. You can conjure up your own images—a scene, place, experience—or work with a therapist who verbalizes pleasant images, such as beaches or forests. You can also buy recordings that will help you practice this technique.

Sleep

- » There is a growing body of research showing a close link between duration of sleep and body weight. Research shows that middle-aged adults who sleep less than eight hours a night are more likely to be overweight. There are many possible reasons for this connection currently being explored in research. Check out the National Sleep Foundation site for sleep strategies: www.sleepfoundation.org.

Cultivating Happiness during your “day off”

- » Make connections. Cultivate relationships by spending quality time with family members, a partner, and friends, even pets. Make a conscious effort to gather for family suppers, meet friends for coffee, walk with a neighbor, or catch up with long-distance family and friends over the phone.
- » Count your blessings writing down three to five things for which you feel thankful (a “gratitude journal”) can boost happiness.
- » Practice kindness. Doing good makes you feel good, so find ways to give back, by being good friend and neighbor, acting as a mentor or big brother or big sister to someone, or by doing volunteer or charity work.



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Lesson 6: Weekly Tasks

- » Continue to keep track of your daily intake and assess R-K-O status and daily weight
- » Continue using Eat Less strategies: 450 in 20 minutes, measure portion sizes, use nutrition label
- » Plan ahead for potential stressful situations. For those situations you can't predict try to use some of the stress reliever actions listed above like deep breathing
- » Track your sleep hours and determine if you need to add more.
- » Give yourself a day off to cultivate your happiness.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.



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Lesson Six Activity Workbook



Lesson Six Weekly Topics and Activities

This Week's Topics

- » Identifying and Reducing Stress
- » Preventing Stress in Your Daily Life
- » Getting Enough Sleep

This Week's Tasks

- » Keep track of your daily intake and assess R-K-O status daily
- » Practice using Eat Less Strategies: 450 in 20 minutes, measure portion sizes, use nutrition label
- » Plan ahead for potential stressful situations. For those situations you can't predict try to use some of the stress reliever actions listed above like deep breathing.
- » Track your sleep hours and determine if you need to add more.
- » Give yourself a day off to cultivate your happiness.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week's Activities

- » Streamline Your Day
- » Identify Your Stressors
- » Chat with Kristina Spellman Wednesday, August 19 at 1 p.m.

Activity 1: Streamline Your Day

Time Management

- » Take a look at the sample weekday time management accounting table below. In what ways do you think this person may be able to streamline their day and make more time for relaxation and “steps” on their pedometer?

Time to Complete Task	Total	Suggested Changes
6 hours	(on average, for sleep)	
30 minutes	Morning Routine: (quick in and out of shower, no time for breakfast, packing lunch)	Example: Pack lunch the night before. Add another 10 minutes in the morning to write in gratitude journal.
1 hour	Commute: (train ride, then to shuttle bus, door-to-door service)	
8.5 hours	Work: (work, lunch at desk, sitting majority of day)	
1 hour	Commute home (same as above)	
3 hours	Dinner on the go on the way to drop kids off at music/dance/sports. Sitting watching son’s practice.	
2 hours	Homework time with kids, getting kids to bed	
40 minutes	Rest, relaxation with spouse, bedtime routine, fall into bed	

Activity 2: Identify Your Stressors

External Stressors vs. Internal Stressors

- » Take a look at the external and internal sources of stress below. Beside each category write down the number in the box that matches the feeling you most identify with. Do you see clearly now what types of stressors are affecting you the most? Use the following rating system:

0 = never, 1 = fairly often, 2 = sometimes, 3 = fairly often, 4 = very often

» **External**

- Money* Are you concerned about paying bills or saving for retirement?
(Financial worries are also intimately linked to the two following stressors)
- Home and family* Do you have frequent spats with your spouse? A child with behavior problems, or an elderly, ill parent?
- Work* Are you coping with a heavy workload, an impatient boss, or difficult co-workers?
- Environment* Do you have a long, difficult commute to work? Is the neighbor's leaf blower or yapping dog driving you nuts? On a larger scale, you might be stressed about the state of the world, the country, or any local community to which you belong.

» **Internal**

Some of these stressors stem from bad habits, which are sometimes a reaction to other forms of stress. Others may just be part of who you are, based on your genes and the environment in which you grew up.

- Irresponsible behavior* Are you concerned about paying bills or saving for retirement?
- Poor health habits* Do you smoke, drink excessively, or use illegal drugs?
- Negative attitudes* Do you often feel pessimistic, uncertain, or fearful?
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