

COPE WITH EMOTIONS

MaKai Nutrition LLC

EMOTION

DEFINITION

"a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others"

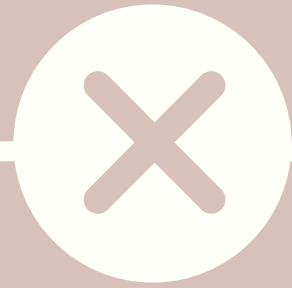


How Do We Handle Our Emotions?



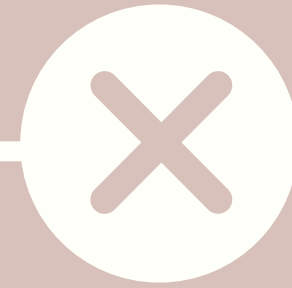
AVOIDANCE

We tend to avoid any situation that could lead to the emotions we fear, or worse, try not to feel any emotions at all.



DENIAL

Denial is when a person refuses to accept that anything is wrong or that help may be needed.



SELF-HARM

Self-harm can take many forms including: restricting and bingeing included.



FEEL & LEARN

Our biggest problem is we think we shouldn't have problems. Use "Curious Awareness" to manage your emotions, come up with a plan, and move forward. This plan might involve allowing yourself to sit in your emotion.



Ow! What was that for!?



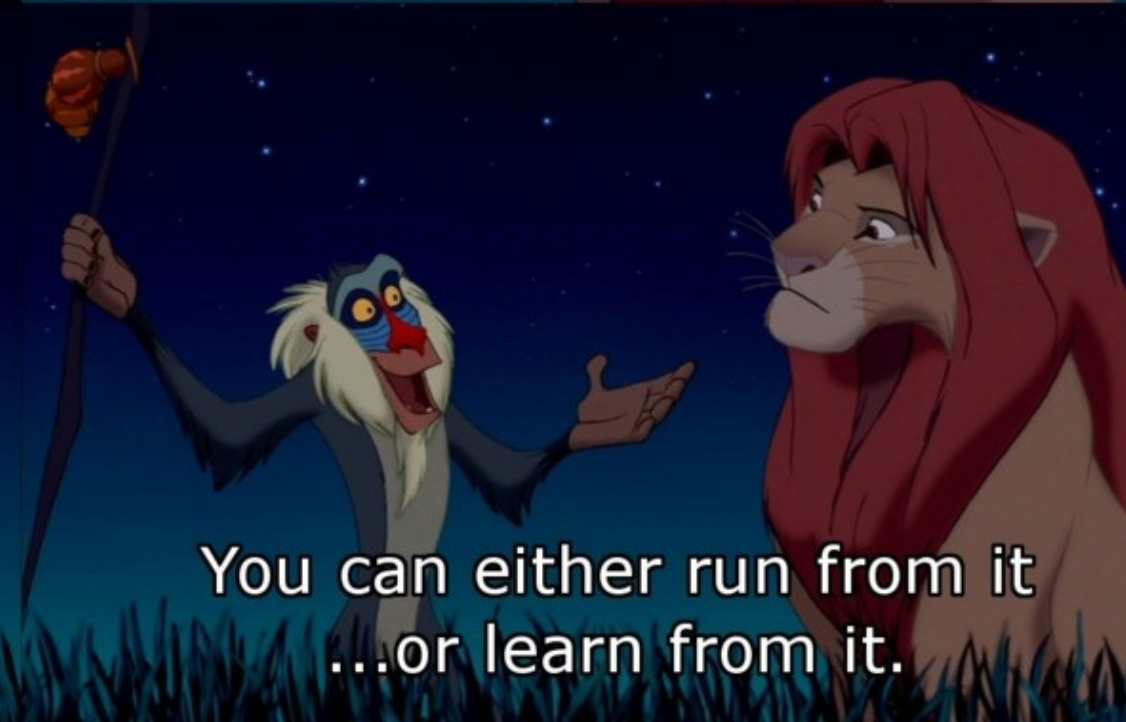
It doesn't matter!
It's in the past!



Yeah, but it still hurts.



Oh, yes, the past can hurt.
But the way I see it



You can either run from it
...or learn from it.

LEARN

Curious Awareness is a form of nonjudgmental observation of your thoughts.

Simply, observe your thoughts and feelings without attaching to them or adding to the story line.

REMINDER

Come from a place of curiosity, not judgment!

”

SO HOW CAN WE LEARN FROM OUR EMOTIONS?

Pause.
Acknowledge.
Think.
Help.

PAUSE

This step is important because instead of acting on feelings right away, you stop yourself and think things through.

Pause. Take a deep breath. Walk away.

ACKNOWLEDGE WHAT YOU'RE FEELING

Acknowledge why this feeling was triggered. Whatever it is that you are feeling, it is ok to feel that way. Sit in this feeling. It is valid. We cannot move forward if we push our emotions aside.

THINK

Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

HELP

Take an action to help yourself based upon what you came up with in the “Think” step.

ACTION STEP: EMOTIONAL TOOLBOX

Think of things you like to do that leave you feeling uplifted. Think of this as a reset button. This is a list of things that will act as your "reset button" when you need one.



ACTION STEP: EMOTIONAL TOOLBOX

Marissa's Emotional Toolbox:

- Take a shower with a positive playlist
- Go for a walk with a podcast or playlist
- Walk at sunset and take in the environment
- Cuddle my dog
- Watch the office
- Call a friend
- Put on essential oils
- Visualize a joyful memory

ACTION STEP: IDENTIFY THE SPECTRUM

More Energy



Walk at sunset and take in the environment

Visualize a joyful memory

Call a friend

Go for a drive with a podcast or playlist

Take a shower with a positive playlist

Cuddle my dog

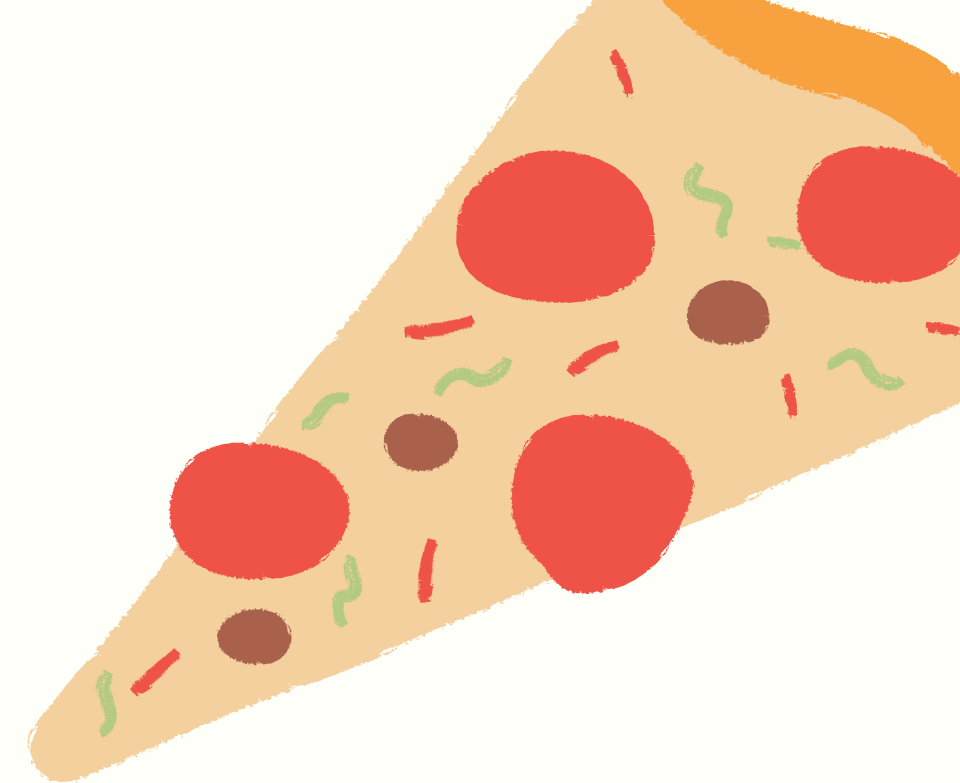
Put on essential oils

Watch the office



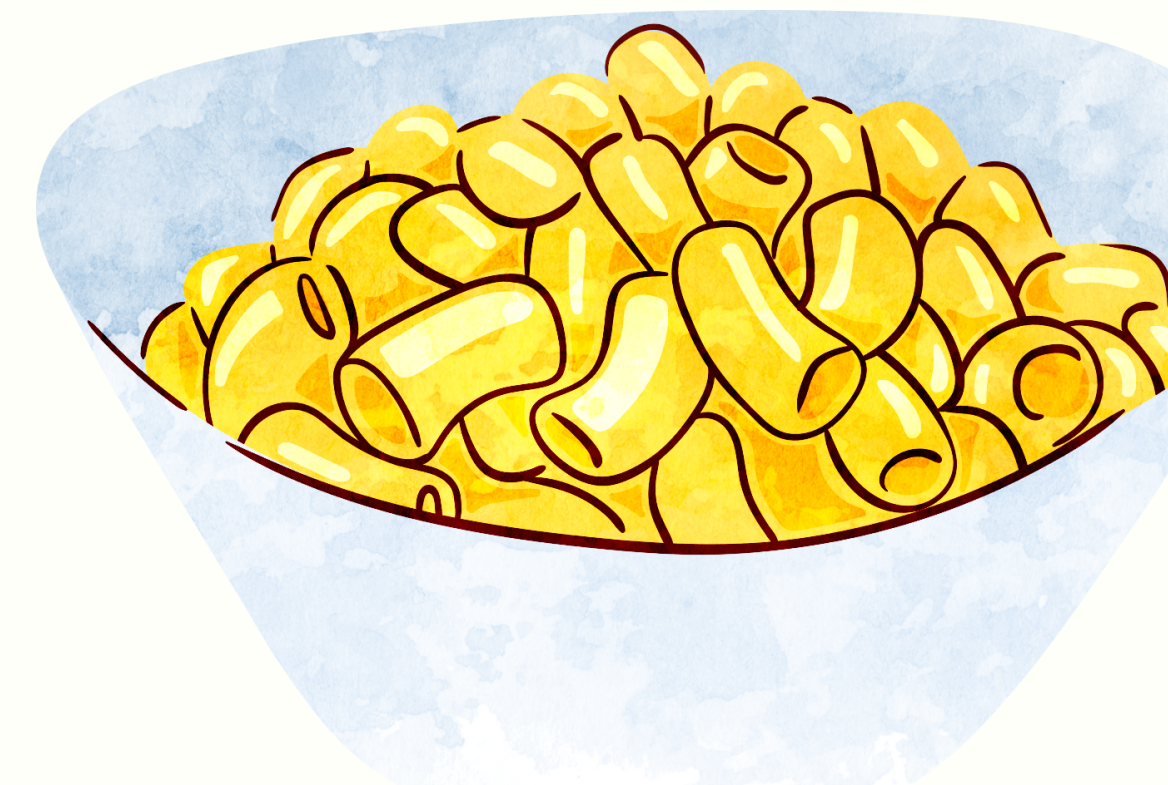
Less Energy

WHAT ABOUT EMOTIONAL EATING?



Marissa Kai Miluk, RDN, LD
@bingenutrition

Unpopular opinion: it's ok to eat emotionally





EMOTIONAL TOOLBOX

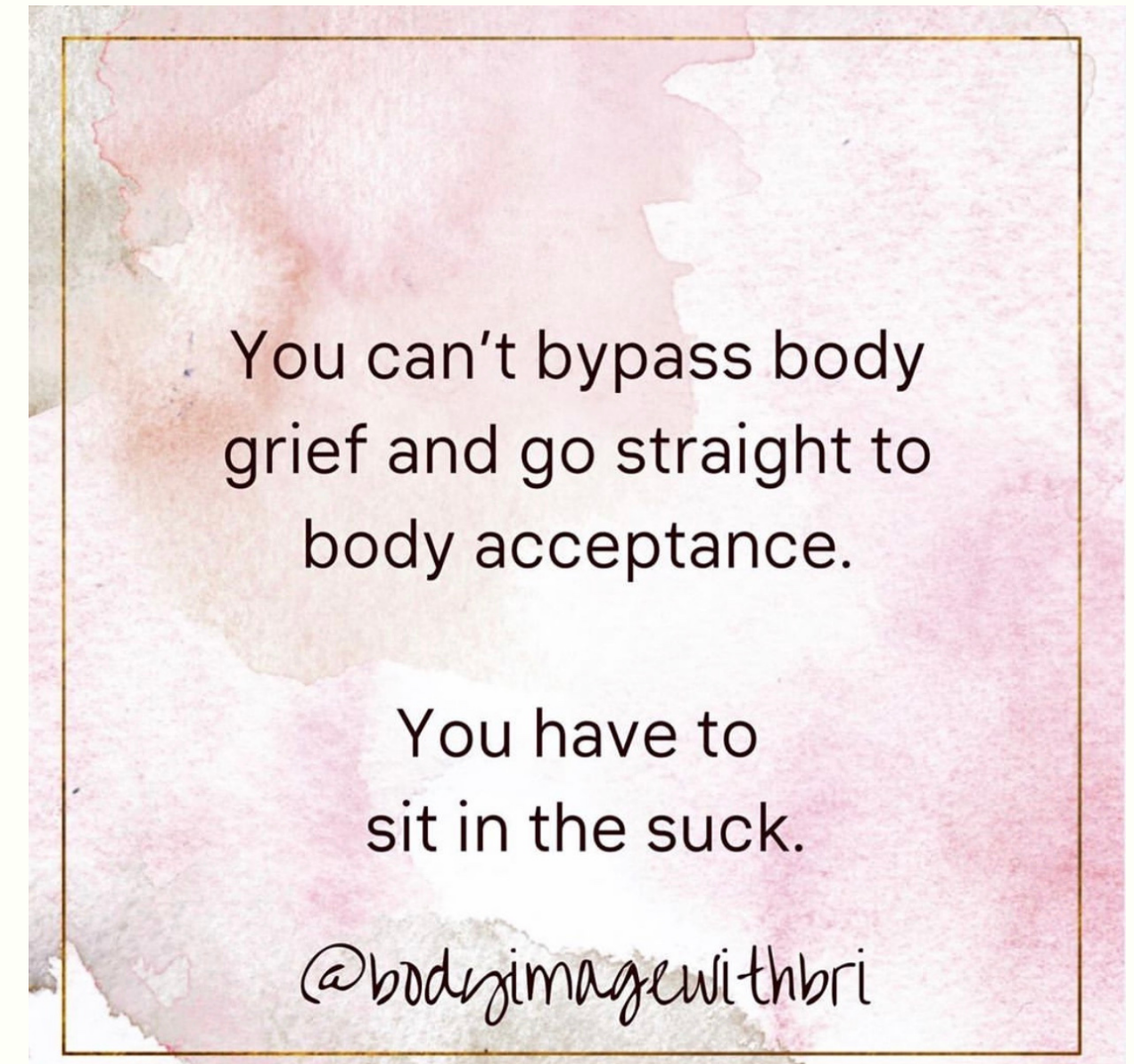
I want you to create an emotional toolbox and write it somewhere where you will always have access to it. In a notebook, in your phone, on a sticky note in your wallet, etc.

REMINDER

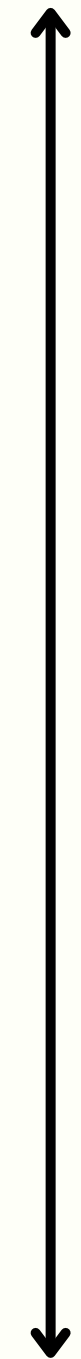
It is ok to sit in the suck

- Brianna Campos, LPC (@bodyimagewithbri)

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Stages of Grief



1. Denial

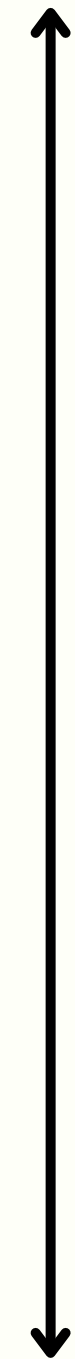
2. Anger

3. Bargaining

4. Depression

5. Acceptance

Stages of Grief



1. Denial

I've gained weight, I gotta lose the weight!.

2. Anger

I can't believe I'm not losing weight! I just gotta be more disciplined and try harder

3. Bargaining

Maybe I can stop binge eating AND lose weight. I just gotta do it in a more balanced way this time.

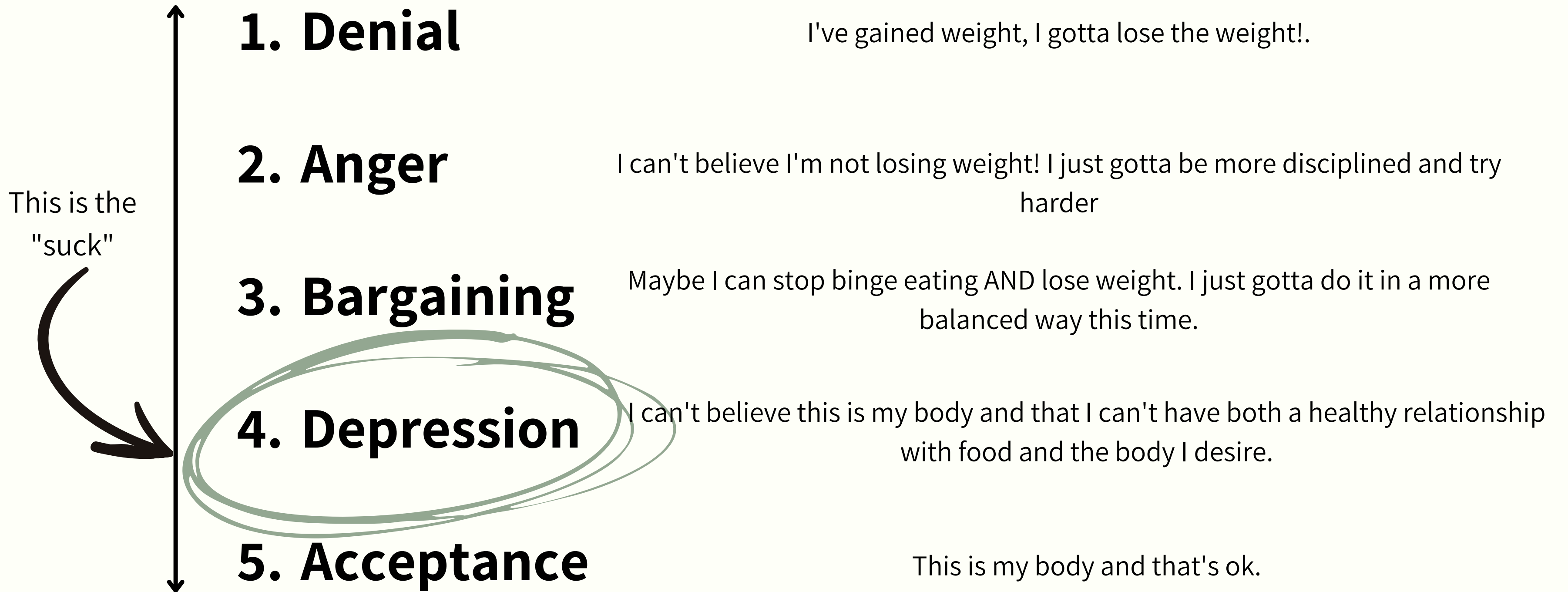
4. Depression

I can't believe this is my body and that I can't have both a healthy relationship with food and the body I desire.

5. Acceptance

This is my body and that's ok.

Stages of Grief



WHEN TO GET MORE HELP

THERAPY, COUNSELING, MEDICATION, ETC



- Your emotions/grief stem from trauma
- The comments from others are emotionally abusive
- You have depression, anxiety or another mental illness (these tools may be helpful, but they cannot alter a chemical imbalance)
- When you are feeling more distress than discomfort
- When these tips don't help



Action Steps

Post in the Facebook group for accountability



CREATE YOUR EMOTIONAL TOOLBOX

Think of things you like to do that leave you feeling uplifted. Think of this as a reset button. This is a list of things that will act as your "reset button" when you need one. Write it somewhere.

Questions? Thoughts?