

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 11

Emotions

Learning Objectives:

Participants will be able to:

1. Understand the impact of emotional health on heart health.
2. Increase awareness of personal cues or situations that prompt eating for reasons other than hunger.
3. Distinguish genuine hunger from cravings and develop strategies for responding in alignment with your goals and values.
4. Explore how gratitude enhances emotional well-being and discover ways to integrate gratitude into daily life for improved happiness and health.

I. Opening (20 minutes)

Week 10 Check-in

“Hello everyone, and welcome to Week 11 of our wellness journey! I hope you're all doing well and feeling motivated as we continue our exploration of different aspects of health and well-being. Before we dive into this week's topic, let's take a moment to reflect on our discussions from last week.

Last week, we discussed into the topic of environmental cues and how they can significantly impact our eating habits. We explored how our surroundings, such as the presence of food advertisements or the availability of snacks, can influence what and how much we eat without us even realizing it.

Now, I'd like to hear from you all. How did you find last week's discussions? Did you notice any environmental cues that triggered your eating habits? Please feel free to share your experiences and any insights you gained from the past week.

Also, let's not forget about the community/ neighborhood scan we all conducted. I'm really eager to hear about the discoveries you made during this activity. So, who would like to kick off our discussion by sharing their experiences from last week?

Feel free to take a moment to check in and share your thoughts before we move forward with today's topic.

II. Week 11 House chat Topic & Video (5-10 mins)

Title: Emotions

- Review Learning Objectives
- Play Session Content Video

Key Points

Emotional health is health.

- Feelings like stress, worry, and sadness can affect the body and how healthy it is.
- When we feel stressed or anxious, our body can react in ways that might not be good for our heart and overall health. For instance, it can make our heartbeat faster and affect our digestion.
- Chronic emotional stress can contribute to the development of chronic diseases like hypertension and heart disease.
- Positive emotions like joy and contentment can promote heart health and overall well-being.
- Recognizing and managing emotions effectively is essential for maintaining optimal physical health.
- Our emotions can influence when and what we eat, sometimes leading us to eat even when we're not physically hungry.

Eating in the absence of hunger (identifying your own cues, distinguishing between hunger and cravings w hunger scale; emotional eating)

- Understanding the difference between feeling hungry because our body needs fuel and feeling hungry because we're stressed, bored, or upset is crucial for making mindful food choices.
- Gaining insight into different kinds of cravings, such as those prompted by emotions like stress or boredom, helps us better understand how our feelings can influence our desire for certain foods.
- Taking the time to reflect on our emotional cues allows us to recognize patterns in our behavior. By acknowledging how different emotions such as stress or sadness influence our cravings, such as reaching for comfort foods like ice cream or cookies, we gain insight into our eating habits.
- Understanding the direct impact of our emotional state on the types of foods we crave helps us make more informed choices about our eating behaviors. By becoming aware of these patterns, we can develop strategies to manage our emotions in healthier ways and choose foods that nourish our bodies rather than just providing temporary comfort.

Self-compassion

- Learning to be compassionate with ourselves is crucial when dealing with dietary challenges influenced by emotions or eating habits.
- Practice self-compassion when experiencing emotional eating: It's important to acknowledge our thoughts and feelings, and to remember that everyone eats in response to emotions sometimes. When this happens, take a moment to pause and be kind to yourself.
- Treat yourself with compassion like you might treat a friend. Instead of beating yourself up for eating in response to your emotions, recognize that those habits have been formed over many years. And having cravings and struggling with making healthy changes is a part of the process and expected.
- Try to accept these urges as normal, and to have a plan for when they occur (which may also include choosing the foods you're craving!).

- Remember, all foods fit! It's about making mindful and intentional choices that are aligned with your values and goals.

Positive coping strategies (mindfulness, gratitude)

- Learning practical techniques to distinguish between true physical hunger and emotional cravings, empower us to make food choices aligned with our body's needs and emotional well-being.
- Use mindful eating practices to connect with our body's signals of physical hunger and differentiate them from emotional cravings.
- Journaling or self-reflection are also helpful tools to assist in tracking eating habits and identifying the specific triggers that prompt emotional eating behaviors.
- Just as self-compassion allows us to navigate dietary challenges with kindness and understanding, developing gratitude can enhance our emotional well-being.
- Gratitude has the power to improve emotional well-being by promoting feelings of contentment, satisfaction, and resilience.
- We can practice gratitude by:
 - Keeping a gratitude journal to acknowledge and appreciate your own strengths, accomplishments, and positive qualities.
 - Engaging in self-affirmations and positive self-talk to reinforce feelings of self-worth and appreciation for yourself.
 - Treating yourself with kindness and compassion, celebrating your progress and achievements along your journey of self-growth.

III: Individual Activity: “Gratitude Reflection” (15 mins).

Description: In this activity, you'll reflect on gratitude to boost your emotional well-being. By journaling and appreciating yourself, you'll develop a sense of gratitude for both external factors and your own qualities.

Instructions:

For the Gratitude Journaling:

1. Take a moment to reflect on three things in your life that you're grateful for.
2. Write down each item in your journal or on a piece of paper.
3. For each thing you list, take a moment to consider why you're grateful for it.
4. Feel free to write as much or as little as you'd like for each item.
5. Take your time and really focus on the positive feelings that come with each expression of gratitude.

For the Self-Appreciation Exercise:

1. Think about three things you appreciate about yourself.
2. Write down each aspect of yourself that you value.
3. Consider your strengths, qualities, or accomplishments.
4. Reflect on why each item is meaningful to you.
5. Don't be shy about acknowledging your own worth and value.
6. Remember that self-appreciation is an important part of building confidence and self-esteem.

IV: Group Reflection Discussion (20 mins)

1. What were some of the common themes or patterns you noticed in your gratitude journaling and self-appreciation exercise?
2. How did focusing on gratitude and self-appreciation make you feel? Did you notice any changes in your mood or perspective?
3. Did you find it easier to identify things you're grateful for externally (in your environment or relationships) or internally (within yourself)? Why do you think that is?
4. Did any of your gratitude journaling or self-appreciation reflections surprise you? If so, how?
5. How do you think incorporating gratitude and self-appreciation into your daily life could positively impact your overall well-being? What steps can you take to make this a regular practice?

V. Closing: Reflection & Commitment (10 minutes)

"Thank you all for joining us today. As we wrap up, I encourage you to reflect on what you've discovered about the connection between emotions and our relationship with food. Take a moment to think about how the insights gained from our discussions and activities have influenced your understanding and your commitment to fostering a healthier relationship with food and your emotional well-being. Remember to be mindful of your emotional triggers when it comes to food choices."

A. Commitment Circle

For the Commitment Circle homework, we will commit to engaging in the "Emotions and Food Cravings Reflection" activity this week.

****Homework: Emotions and Food Cravings Reflection****

1. Reflect on Recent Cravings (2 minutes): Think about any recent food cravings you've had. Consider the emotions you were feeling at the time, such as stress, boredom, happiness, or sadness.
2. Journaling Exercise (3 minutes): Write down your reflections in your journal or on a piece of paper:
 - Identify which emotions tend to trigger your food cravings.
 - Reflect on how you typically respond to these cravings.
 - Perhaps consider selecting a strategy to manage cravings / emotional eating — either one presented today or another one that you feel would be helpful to you personally
3. ****Reflection (optional):**** If you'd like, take a moment to share your reflections with a friend or family member. Discuss how different emotions can influence food cravings and any strategies you use to manage them.

B. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged.

"Thanks to everyone for your active participation today! Let's keep the momentum going and stay engaged in the chats to continue supporting each other on our wellness journey."

Next Week Prep:

1. Prepare for our final session: Review any materials or topics from previous weeks that you'd like to revisit or discuss further in our last meeting.
2. Consider what types of social support do you feel would be most helpful in maintaining the changes you've made once group sessions end? How do you envision integrating social support into your daily life to sustain your progress?
3. Reflect on your journey: Take some time to reflect on the progress you've made throughout this program and any insights you've gained about yourself and your well-being.
4. Celebrate your accomplishments: As we approach the end of our time together, take a moment to acknowledge and celebrate the positive changes you've made, no matter how small.

** Come ready to share your insights, experiences, and ideas during our next session!

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.

"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."