

tier3

Weight
Management Service



**Doncaster and Bassetlaw
Teaching Hospitals**

NHS Foundation Trust



CBT Session 3

www.dbth.nhs.uk

Welcome back!

- Any difficulties accessing the website / filling in forms?
- Any Significant reflections after last session?
- Homework completed?
- Any questions?

Course content.....

1. Stigma, changing perspectives and the compassionate self
2. Breaking down resistance to change and goal setting
3. Mindfulness
4. Positive reframing of emotions and thought challenging
5. Food rule challenging, fighting cravings and changing habits
6. Preparing for tier 4 / bariatric surgery and relapse prevention

What is your experience of mindfulness?

Why mindfulness?

Do you ever feel out of control in some way and frustrated with yourself for not being able to change it?

Examples?

Ever find yourself.....

Worrying about the future?

Dwelling on the past?

Spending too much time focusing on negative thoughts?

Regretting your actions?

Mindlessness is.....

- Functioning on autopilot
- Not paying full attention; to yourself, others or the world around you
- Acting impulsively
- Continuing with habits, despite their overwhelming negative consequences
- Making the same mistakes again and again
- Not checking in with yourself / your health / wellbeing
- Ignoring your emotions / instincts

Potentially missing out on.....

- Feelings of hunger / fullness
OR pleasure from fully noticing what we are eating.
- When our thoughts are unhelpful / irrational
- Our emotions trying to communicate something important to us e.g. if we are stressed
- Pain from over doing something.
- When we have hurt someone's feelings / got something wrong.
- Appreciating people in our company
- Simple pleasures e.g. nature

Mindfulness is.....

Being aware of the present moment; focusing your attention on the here and now with acceptance.

Some examples of this are:

- Being aware of your thinking; how you interpret situations. Are you worrying about anything in the future? Dwelling on anything in the past? What did you think before last feeling angry? Do you tend to jump to negative conclusions about things?
- Being aware of your environment / surroundings; noticing what is happening around you in detail, e.g. wildlife, the sky, architecture, people etc. Or are you focusing on what is happening in your mind?
- Being aware of your body and its sensations, e.g. hunger, anxiety symptoms (such as; upset stomach, sweating, shaking, tense muscles, awareness of heart in chest etc.), lethargy, tiredness etc.
- Being aware of your emotions; what you are feeling in the present moment. How did you feel when you last overate / drank?
- Being aware of your behaviours, e.g. eating, interacting with others, spending money, walking, aggression, passiveness etc.

Also.....

If we gain control over our focus of attention, away from the negative, and towards the positive, then we can gain more pleasure and joy from life.

Mindfulness



having control

Over your focus of attention

And eventually behaviours

Why is this important?

Our focus of attention, thoughts & interpretations directly impact on our feelings and behaviours....

Thoughts = Feelings  **That can lead to Behaviours**

Mindfulness of thoughts

What am I
thinking?
-Before I overeat

Is that a fact, or
just my opinion?

Am I being fair?

Did I just assume
that?



Don't let negative thoughts
drive you out

DON'T
BELIEVE
EVERYTHING
YOU
THINK



**KEEP
CALM**
AND REVIEW YOUR
**COGNITIVE
DISTORTIONS**

Negative thinking is a common human condition...

We can all be cursed by it at times, and therefore it is helpful to figure out, in the moment, whether your thinking is rational or irrational. Are you using any of these common thought distortions?

[..\..\handouts for patients\commonly used forms\UnhelpfulThinkingHabits.pdf](#)

(also available on the website)



Mental Filter

When we notice only what the filter wants or allows us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed



Judgements

Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for

Mind-Reading

Assuming we know what others are thinking (usually about us)



Emotional Reasoning

I feel bad so it must be bad! I feel anxious, so I must be in danger



Prediction

Believing we know what's going to happen in the future



Mountains and Molehills

Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives

Compare and despair

Seeing only the good and positive aspects in others, and comparing ourselves negatively against them



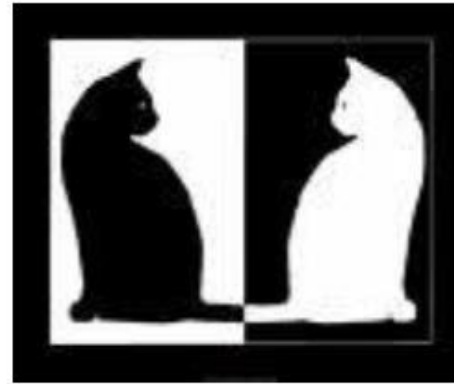
Catastrophising

Imagining and believing that the worst possible thing will happen



Critical self

Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility



Black and white thinking

Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'

Shoulds and musts

Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations



Memories

Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now



Mindfulness of Emotions:

Common negative appraisal of emotions “If I allow myself to feel; I will be overwhelmed”

Paradox =

Rejected / ignored Emotions  Increased Emotions

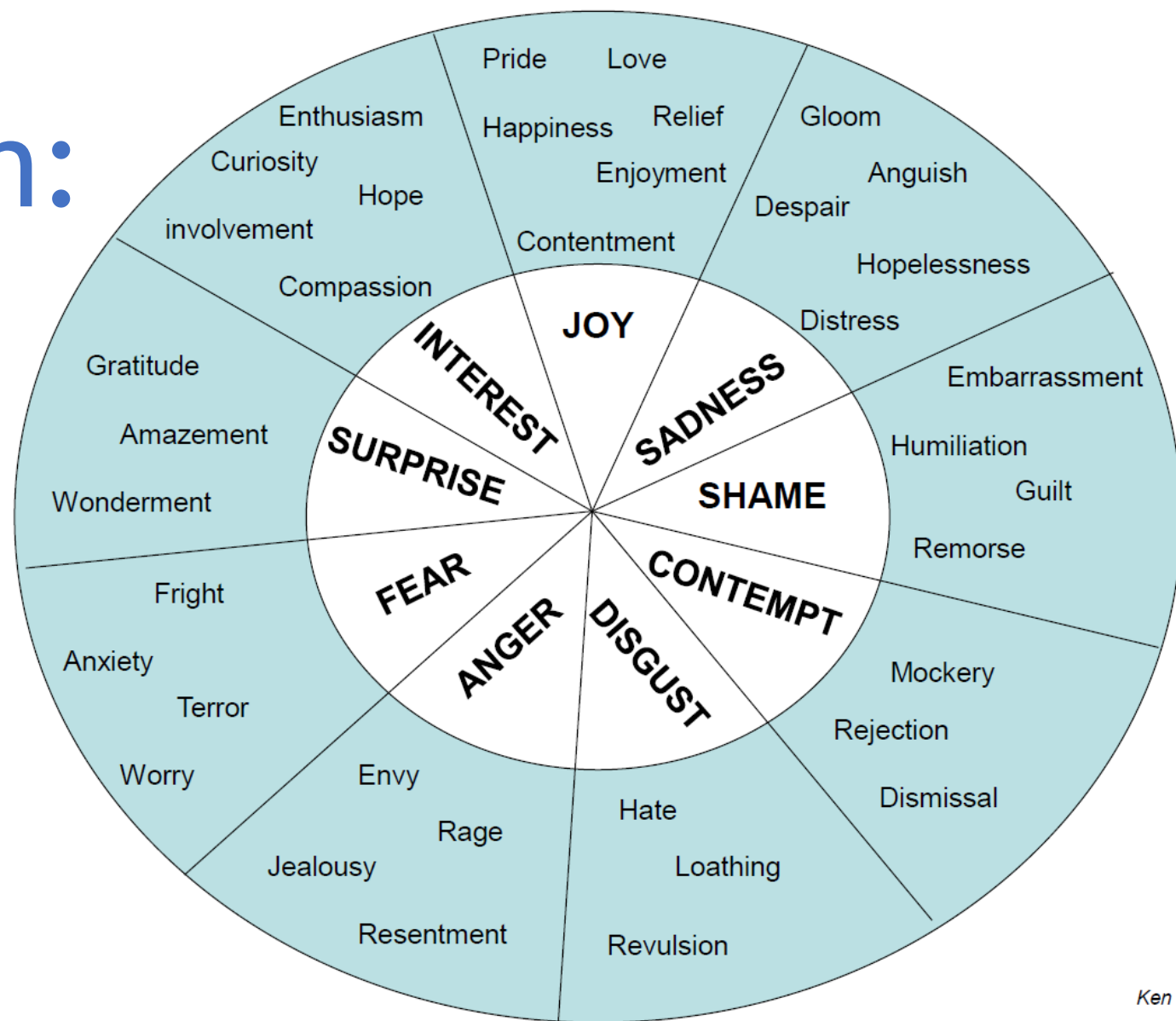
Accepted / listened to Emotions  Decreased Emotions

Ref: Dr. David Burns

Wheel of emotion:

You can use this to help you label your feelings.....

(Available on the website)



Helpful functions of emotions:

Communicate to ourselves:

- Quick signals that something is not right
- “ my instincts told me to keep away”

Communicate to others:

- Facial expressions hardwired and quick to convey meaning
- Many have an automatic effect on others: e.g. people react with comfort to tears

Motivation to act:

- Prepare our bodies for action
- Encourages reflection and change in self and others
- Emotions are often hard to change unless we / others have acted on them.

Functions of specific emotions

- **Fear:** Highlights a potential threat, enables us to prepare to tackle it or avoid. Can make us conscientious, organised and high achieving if channelled well.
- **Anger:** provides us with self defence, clearly communicates to others what we will not tolerate / want.
- **Disgust:** To turn away from /remove ourselves from someone / something undesirable.
- **Sadness:** Adds value, communicates to self that something is lost / missing, and to others that we need comfort.

- **Shame:** Signals the potential risk of being rejected by society, enables us to act to avoid rejection.
- **Guilt:** Focuses us on making amends and adhering to our own values.
- **Jealousy:** Protection of what we have and / or aspiring towards what others have

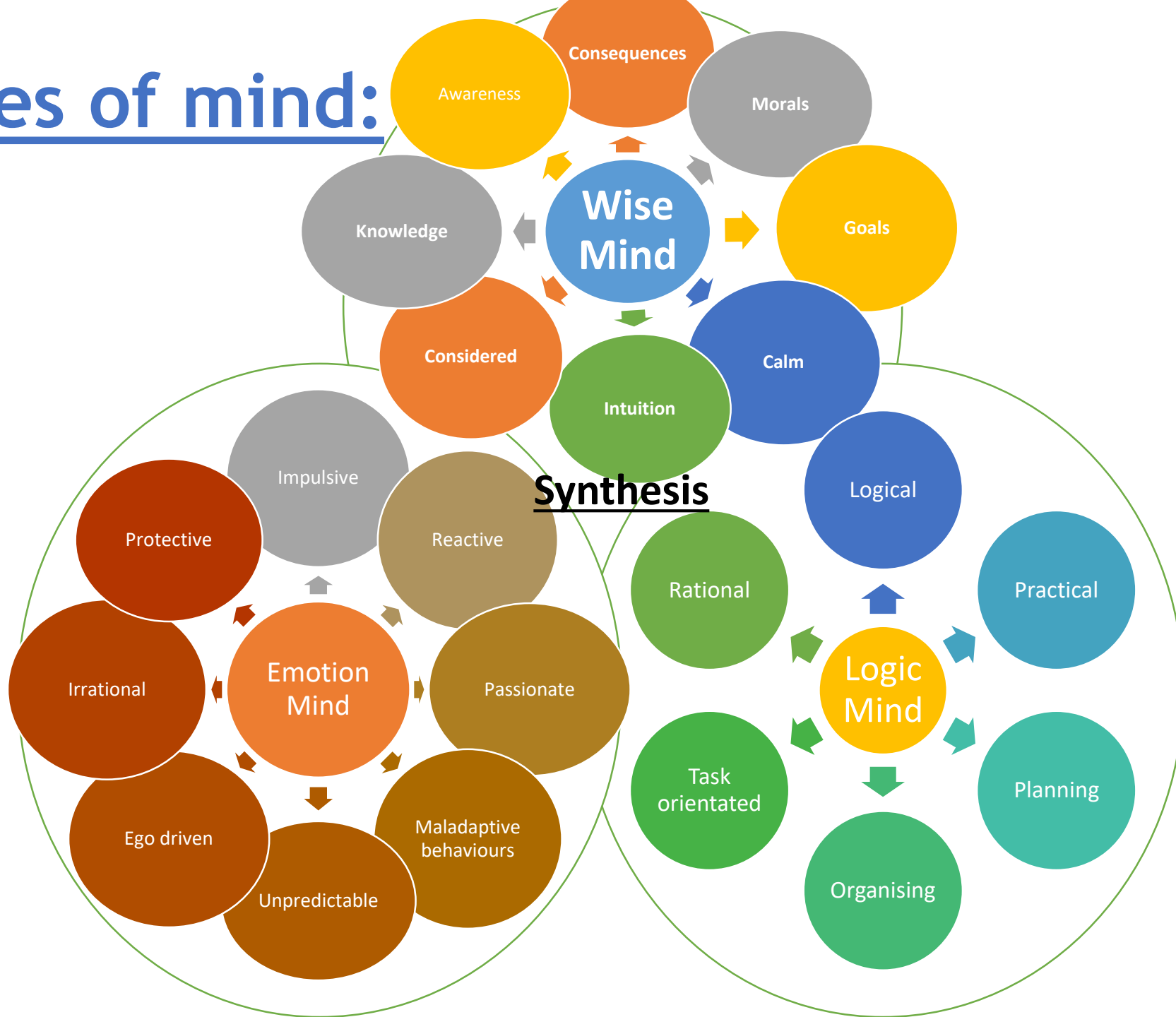
The 3 modes of mind in mindfulness:

1.Logic mind

2.Emotion Mind

3.Wise mind

3 modes of mind:



Logic mind:

- Logical / practical - money management
- Rational thinking- solving problems, planning and evaluating.
- Organising
- Getting every day practical things achieved .
- But can be cold / lacking feeling / passion
- Can lack pleasure / ignore emotional needs

Emotion Mind:

- Passionate, empathic, feeling, instincts, alive, However.....
- Thinking and behaviour are governed by emotional state, & not on reason / rational thinking.
- Emotions regulating you, instead of you regulating emotions.
- Impulsive Behaviours such as lashing out, binge eating, avoidance etc. are tightly linked to emotions & can occur seemingly automatic.
- Can seem out of our conscious control

Wise Mind

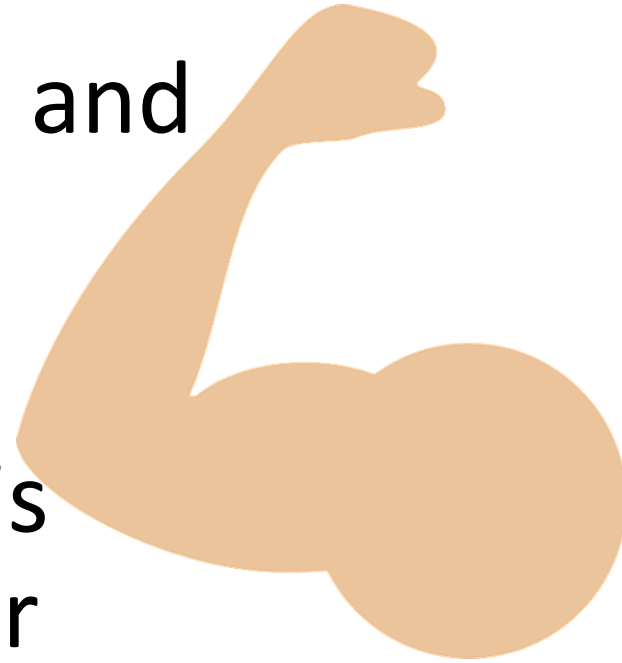
Wise main synthesizes all ways of knowing – using the best bits from emotion mind and logic mind and uses them together for the best outcomes

Always aware of consequences /goals / standards / morals – before action is chosen.

Insightful awareness and action

Mindfulness takes practise.....

- Like a muscle it requires regular attention and training.
- There are many different ways to train this muscle so find the ways that work best for you.



Possible ways to practise mindfulness.....

- Daily gratitude
- Mindful awareness of environment
- Checking in how you are feeling and why?
- What are you thinking?
- Thought challenging
- Reflection – is there anything I need to work on?
- Am I living up to what I truly believe in?
- How does my body feel?
- Mindful eating

Other possible ways.....

- Goal setting for self improvement
- Meditation
- Silence practises
- Retreats
- Spiritual beliefs

Can you think of any others?

Criticisms of mindfulness:

Heightened awareness of emotions = feeling the distress

When people are used to suppressing emotions, this can feel overwhelming at first.

Some people will prefer not to have the awareness.

Useful resources and references:

- NHS Choices website. Mindfulness. Available at:
<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx>
- NHS choices website. Audio guides to boost your mood. Available at:
<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx>
- Safer, D.L, Telch, C.F, Chen, E.Y. The Guilford Press 2009. Dialectical Behaviour Therapy for Binge Eating.
- <https://www.getselfhelp.co.uk/docs/NOW.pdf>
- <https://www.getselfhelp.co.uk/docs/TheVisitor.pdf>

Homework.....

1. Identify one area of your life you would like to become more mindful and why
2. Define how you would like to improve / what you hope to achieve
3. Practise being present in that moment
4. When your attention drifts, don't criticise, simply bring it back to your chosen focus.
5. Keep reflecting on your progress - Progress may be little by little, but you will get big improvements with practise
6. Review the unhelpful thinking habits sheet regularly, labelling any thinking errors you use / maybe write them down.

Any Questions?

Don't forget to check in with the website
for the relevant handouts for today's
session and the next!

Thank you for your time
we hope you enjoyed the
session

We would be very grateful if you could fill in the
feedback questionnaire, your views are very
important to us.