



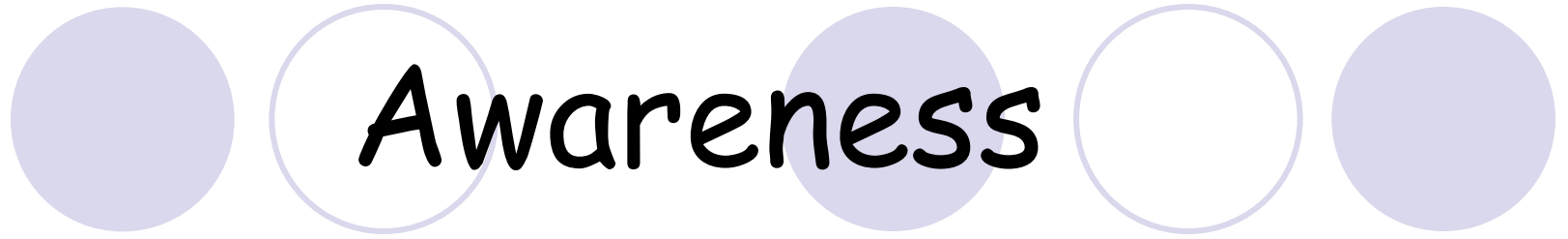
Weight Management

Raising Awareness and
Experiencing Success

Kathy Davis MSW, LCSW

Awareness





Awareness

- Dietary Awareness
- Emotional Awareness
- Resource Awareness

Dietary Awareness

- Physician or Dietician assistance
- Calorie awareness
- Tracking
 - Journal
 - Calorie King - book
 - Apps- My Fitness Pal, Spark People, Lose It

Emotional Awareness

- Emotional Eating - Eating for relief

- H.A.L.T

- Hungry

- Angry

- Lonely

- Tired

Emotional Awareness

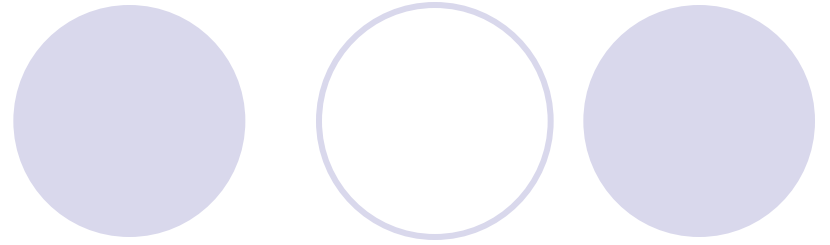
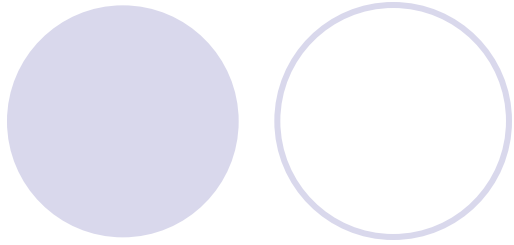
- Coping skills
 - Distraction
 - Change in scenery
 - Exercise/Stretching
 - Hobby
 - Release
 - Talk to someone
 - Journal
 - Sleep

Resource Awareness

- ✓ National Weight Control Registry

www.nwcr.ws

- ✓ Structured weight loss program
- ✓ Trusted family or friend
- ✓ Support groups
- ✓ Insurance



*"If you change the way you look
at things, the things you look
at change."*

~ Wayne Dyer