

EMOTIONAL BARRIERS TO SUSTAINED WEIGHT LOSS SUCCESS:

FACING OUR FEARS, MINDSET, AND ADDICTIONS



START

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INTRODUCTION

BARRIER

Change is hard for me.

BUSTER

We live a life of change. Think of an instance where you did make a change and succeeded. Realize the ways you do embrace change.

Living life fully and vibrantly requires that we address our emotional well being as well as our physical health. As all of us know because of our own life's journeys, they go hand-in-hand. We can lose weight and adopt a new active routine but all too soon these changes can drift back to familiar and sometimes harmful patterns if we do not address our mental health and emotions related to food.

Livliga was created to support people in their journey to live and sustain a healthier lifestyle. This includes our mental and emotional health and its relationship to food. We are honored to be partnering with Connie Stapleton, Ph. D. who is a well-known and well-regarded psychologist

INTRODUCTION

CONT.

to provide this *Emotional Barriers to Sustained Weight Loss Success* ebook for you. She works closely with surgical weight loss patients both before and after surgery.

This ebook is intended to reinforce the importance of tending to our mental and emotional health as we work to live life as our healthiest selves. It is also a starting place to access ideas and resources to help you on your journey. May it help inspire and motivate you to take the next steps.



OUR EMOTIONAL WELL-BEING

AS A CORNERSTONE TO OUR LONG-TERM WEIGHT LOSS SUCCESS

BARRIER

It's my mother's fault.

BUSTER

It may have started with her. Embrace the hurt and learn to let go. You own your future.

We are all looking for the silver bullet. How many times have you wished that you could wake up the next day and you would magically be different? No weight struggles, no money worries, no problems with relationships and, of course, being happy. In reality nothing can be altered unless we modify our negative behaviors and create new healthy habits to support us in sustaining long term success. It is hard work. It can seem overwhelming. So who does succeed and what have they done that has allowed them to prevail?

The first step to success is to understand who you are and the state of your own emotional health and physical health. Mood and food have a gnarly relationship. Food is often used

OUR EMOTIONAL WELL-BEING

AS A CORNERSTONE TO OUR LONG-TERM WEIGHT LOSS SUCCESS, CONT.

as a coping mechanism. We find comfort and numbness in food when the world around us may be cruel, in chaos, or in some way difficult. As children we may have experienced trauma that caused us to use food for solace, ...or survival. This created deep-seated patterns and unhealthy habits that as adults we want to unravel and change in order to live healthier and happier lives. What might have been impossible to change as children we now have the ability to approach differently as adults. It may not be easy but we can change. If we think about it we make changes to our lives everyday. We adapt to life's circumstances everyday: we get married, have children, change jobs, change schools, add new friends, move, face challenges...



OUR EMOTIONAL WELL-BEING

AS A CORNERSTONE TO OUR LONG-TERM WEIGHT LOSS SUCCESS, CONT.

The key is to find balance in all parts of our lives. There are six major Centers of Balance:



Physical Center



Cognitive Center



Emotional Center



Enterprise Center



Social Center



Spiritual Center

OUR EMOTIONAL WELL-BEING

AS A CORNERSTONE TO OUR LONG-TERM WEIGHT LOSS SUCCESS, CONT.

BARRIER

I have tried so many times and failed.

BUSTER

Enjoy the journey, it may be work but it shouldn't be viewed as a hassle or burden. Make it a way of living.

By looking at our whole self we can understand how to become centered in order to live life as our complete, authentic selves. Weight loss and Weight Loss Surgery may physically change you but it won't, on its own, deal with the two things that are primarily responsible for regaining weight after significant weight loss and surgery: long term eating and exercise habits and the cognitive and emotional issues related to those eating and exercise behaviors. Balance comes from looking inside yourself to see what your needs and wants are, and then finding healthy ways to get those needs met, starting with your spiritual center. Learning to address each center will help you find your own personal balance and true long-term happiness.

LET'S BE HONEST: FACING OUR FEARS

BARRIER

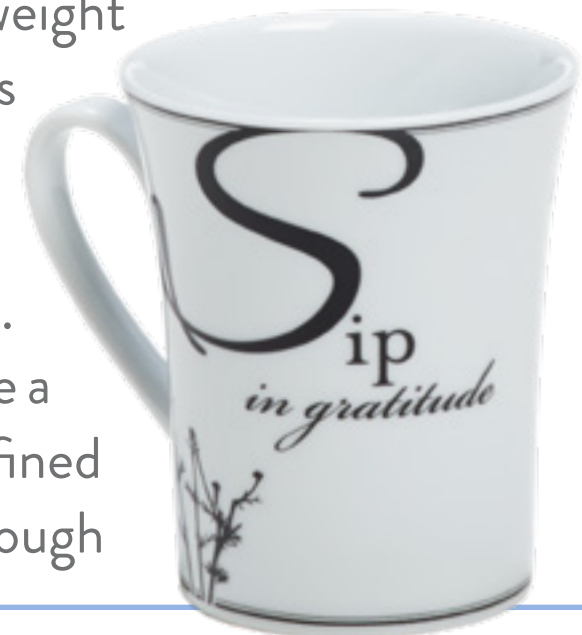
Deep down inside I am scared of what this change will mean to my life and relationships.

BUSTER

Make the world you live in adapt to you and your healthy lifestyle needs, not the other way around.

The truth is obesity is a chronic disease. It is never not part of us but it does not define who we are. So many people who live with a chronic disease live rich and full lives and achieve their dreams and goals. This is very true for those living with obesity. By seeking help from medical and mental health professionals and, without a doubt, personal perseverance, you can find the best approach for weight management and living life as your healthiest self.

Now for an even tougher topic... how do we know whether we have a food addiction? Addiction is defined as continuing a behavior even though



LET'S BE HONEST: FACING OUR FEARS

CONT.

BARRIER

Unlike other addictions we can't give up eating.

BUSTER

We can't give it up but we can change what we eat and how we eat. And like those with other addictions, we can find our support group and access strength and resource in those on a similar journey.

you know it is harmful or causes recurring problems in your life. No one likes to be referred to as an addict. The word has such a negative connotation. We imagine gutter drunks or homeless heroin junkies. The reality is addicts come from all walks of life and socio-economic backgrounds. Addiction is a chronic disease, just like obesity. Both are a combination of nature and nurture. Food addiction and obesity are actually commonly linked. In fact, approximately 30 out of every 100 people who have bariatric surgery “switch addictions,” often replacing overeating with drinking to excess. Our addictions can be triggered when we seek external comfort to fill an internal void.



LET'S BE HONEST: FACING OUR FEARS

CONT.

By facing our fears and no longer denying the chronic diseases and influences in our lives, we can begin the work to find the necessary balance in our lives. Balance comes from looking inside yourself. If you take the time to discover what you need, you can choose a healthy way to get the need met before you react in an unhealthy manner.

What you think really does matter. Thoughts and feelings are inextricably linked and are closely followed by behavior. What you think affects how you feel. You can choose your thoughts. You can also choose to alter your mind in positive ways, but first you need to learn to recognize what you currently do with your thoughts. As William James said, “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” Training yourself to have a positive attitude is a powerful way to deal with “life” in a healthy way.

LET'S BE HONEST: FACING OUR FEARS

CONT.

Taking personal responsibility can seem ominous and a burden. It is necessary, however, if we are going to achieve health and happiness long-term. There is confusion about the difference between feeling like it is your fault that you have health and weight issues versus taking responsibility for where you are now and the changes you need to make to live well. The issue is not one of fault, but of accountability, responsibility, and dealing with “what is.” Conscious choice, bolstered by positive thinking and a repertoire of new behavioral skills, is the only way to triumph over years of negative behavior.



STEPS TO LIVING LIFE

AS YOUR HEALTHIEST SELF AND ACHIEVE A POSITIVE MINDSET

BARRIER

There is always tomorrow.

BUSTER

When it comes to your health today is the day to shift your mindset. Tomorrow is the time to build on better.

The step to making positive, healthy behaviors as part of a long-term strategy is doable and can be broken down into specific actions, activities and new habits.

Gotta Do Ems or “GDEs” are the means to success for keeping weight off over time because they help you transform old unhealthy behaviors into new healthy habits that include maintaining healthy eating choices, engaging in regular physical exercise and living a healthy lifestyle.

To discover more about how to implement the GDEs and specific tasks, like keeping a daily journal for your emotions, food and exercise, refer to the book and workbook [EAT IT UP](#), by Connie Stapleton, Ph.D.

STEPS TO LIVING LIFE

AS YOUR HEALTHIEST SELF AND ACHIEVE A POSITIVE MINDSET, CONT.

Here is a list of 10 Gotta Do Ems that will provide Sustained Weight Loss Success:

1. Make consistently healthy food choices (protein first)
2. Maintain portion control
3. Exercise on a daily basis
4. Drink plenty of water throughout the day, but not with meals
5. Eat breakfast
6. Plan your meals and follow your plan
7. Keep food and exercise journals
8. Get plenty of sleep
9. Utilize a healthy support system (support group meetings and online support)
10. Participate in individual and/or group counseling for at least a year

STEPS TO LIVING LIFE

AS YOUR HEALTHIEST SELF AND ACHIEVE A POSITIVE MINDSET, CONT.

How [Livliga](#) can help. Four of the Gotta Do Ems are about planning, making, and measuring healthy foods. One of the GDEs is specifically about portion control. Livliga is all about healthy eating and portion control as well as using psychology to support you in right-sized eating. In fact, we have 3 patents, one of which is specifically about the psychology we use to help people perceive their perfectly portioned foods as being plentiful and enough, so at the end of each meal they can feel satisfied.



Science and Psychology Behind the Plate

STEPS TO LIVING LIFE

AS YOUR HEALTHIEST SELF AND ACHIEVE A POSITIVE MINDSET, CONT.

Come discover the [Bariatric Room](#) on our Livliga Website. In our room you will find specific resources and products created especially for the bariatric community. We now have a Just Right Set[®] bariatric dish set for weight loss surgery patients as well as new Just Right Set[®] bariatric flatware that comes in a stylish carrying case.



Most of us consider many of our thoughts as being unconscious. A mentor or therapist can help you learn skills of paying attention to your thoughts and consciously choosing to focus on the positive aspects. You can also utilize helpful and supportive products and tools, like Livliga, to enhance and reinforce your positive food environment and healthy lifestyle. These are essential skills and tools for sustaining weight loss following significant weight loss and bariatric surgery.



CONCLUSION

BARRIER

I am basically a passive person.

BUSTER

Don't confuse passive with the inability to move forward. Don't like confrontation or conflict? Get out, get up and take a walk!

There are specific steps you can take to lose weight, keep it off, and live a healthier lifestyle. In this ebook we have provided a general understanding of why it is so important to tend to your whole self, find your centers of balance, and learn to sustain new, healthier habits for long-term success you desire. Understanding is important. We have also given you some specifics to allow you to know what steps you need to take and the resources available to support you along the way. We believe knowledge put into action is truly powerful!



CONCLUSION

CONT.

“Happiness is not by chance but by choice” is a known quote of entrepreneur and motivational speaker Jim Rohn. Each of us can effect positive change in our own lives. There are many barriers we encounter on our journey. We hope the barrier busters we have given you will be both inspiring and motivating. We believe in you. We are your cheerleaders and are here to help!

Live wise and live vibrant!

“HAPPINESS
IS NOT
BY CHANCE
BUT BY CHOICE”



RESOURCES

BARRIER

I don't want to bring attention to myself.

BUSTER

Putting ourselves and our health first can require advocating for ourselves. Like a fire drill, practice phrases before you need to use them in public so you are ready and can ask for what you need whether it is ordering off the menu or asking for a doggie bag, or choosing a non-alcoholic beverage.

If you would like to seek further information about how to live life fully and vibrantly, keep your weight off long term, or be connected with mental health and behavioral experts, we have provided a brief list of resources below:

Online

- [Connie Stapleton, Ph.D.](#)
 - Specializing in weight loss/healthy living, addiction
- [Livliga Like-Minded Businesses](#)
- [Livliga Live Vibrant Blog](#)
- [Addiction Specialists](#)
- [Find A Psychologist National Registry](#)
- [Obesity Medicine Specialists](#)
- [Obesity Action Coalition](#)
 - Why is it required to have a psychological evaluation prior to surgery?

RESOURCES

CONT.

BARRIER

I'm going to die anyway
so what does it matter.

BUSTER

It is not whether we
will die that should
motivate us but how
we want to live. What
does your healthiest
you look like?

Books

- [Food Junkies, 2nd Edition, by Vera Tarman](#)
- [Weight Loss Surgery Does NOT Treat Food Addiction, by Connie Stapleton, Ph.D.](#)
- [Boundaries Workbook, by Henry Cloud](#)
- [I Thought It Was Just Me, by Brené Brown](#)
- [The Beck Diet Solution, by Judith S. Beck, Ph.D.](#)
- [Adult Children Secrets of Dysfunctional Families, by John Friel & Linda D. Friel](#)
- [Healing the Shame That Binds You, by John Bradshaw](#)



ABOUT US

BARRIER

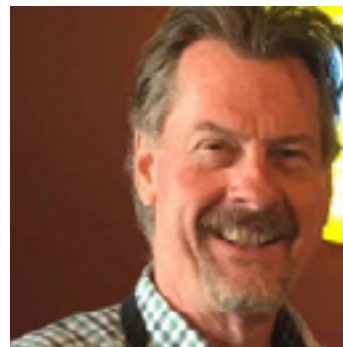
I'll still be the same person so why does it matter?

BUSTER

It matters for your health. You will always be you, thank goodness, and living a healthy lifestyle allows you to enjoy your life to it's fullest...as you!!



Sheila Kemper Dietrich, Founder and CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association—Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle.



Walt Dietrich serves as Livliga's CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.

ABOUT US

CONT.

BARRIER

I am too fat to make a change.

BUSTER

Never! It's not your fat keeping you from change, it's your mind. Choose to change.



[Dr. Connie Stapleton](#) is all about helping you live life fully, free from the mental and emotional shackles of constant thoughts (and guilt) related to food and weight. Let Connie be your “recovery conscience” as she educates you about the critical missing element of weight loss: healing your relationship with self. Specializing in food addiction and all addiction issues, Connie teaches via her books, online classes and videos, at in-person retreats, and at group events. Get help and get happy!



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