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Let's Talk Triggers!
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SOCIAL TRIGGERS

- Think about the people in your life
- Think about the places you spend time and where you go
- Think about the situations that involve eating




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ENVIRONMENTAL CUES

- Cues from surrounding environment
 - Sights/smells of food- driving by a fast food restaurant
 - Seeing a specific food-donuts in break room
 - Associated eating-alcohol & peanuts/popcorn/chips at the bar
 - Places-movie theater & popcorn, soda & candy
 - Habitual eating-snack after work or while watching TV


Adapted from OPTIFASTLifestyleEducationSeries™

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INTERNAL CUES

- Cues come from within you, do you feel like eating when you are:
 - ✓ Sad/depressed
 - ✓ Lonely
 - ✓ Anxious
 - ✓ Bored
 - ✓ Angry
 - ✓ Tired
 - ✓ Stressed
 - ✓ Happy


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Alternative Solutions


Avoidance

- Don't buy tempting or trigger foods
- Store foods in non-see through containers
- Remove food from kitchen counters



Substitution

- Make a healthy choice
- Find an activity other than eating
- Move your body
- Drink water or tea

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Law of Displacement

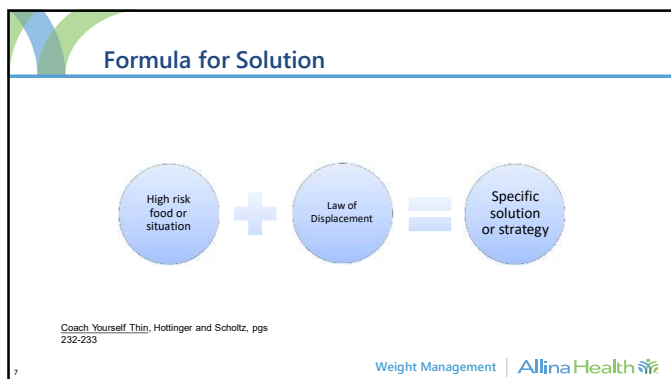
- Omission: avoid buying or having trigger food nearby
- Line of sight: keep trigger food out of view-in a cupboard, drawer or other room
- Substitution: choose a healthier food to replace the trigger food



Coach Yourself Thin, Hottinger and Scholtz, pgs 70-71

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Example of solution

At home: Evening snack with family

- Food + Omission = Avoid buying chips or ?
- Food + Line of Sight = Move to another room when family member eats _____
- Food + Substitution = Eat a protein or produce food

Coach Yourself Thin, Hottinger and Scholtz, pg 233

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Alternative Activities

- Make a list of activities you will turn to instead of food if you're not hungry: (See page 63 or 73 in education binder)
Chew gum, journal thoughts, knit/crochet, paint or color, play cards

What other ideas do you have? What works for you?

How do you remind yourself to practice these activities?

Coach Yourself Thin, Hottinger and Scholtz, pg 233

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