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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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Formula for Solution



Coach Yourself Thin, Hottinger and Scholtz, pgs 232-233

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7

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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8

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?

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9

thank you!