

Life

THERAPIES

TRAINING



Welcome to *CYPSP Body Image*
Conference 26th January 2018
Tullyglass House Hotel, Ballymena.
Food and Mood for Mental Health

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A Holistic Perspective

- Considering the impact of a client's lifestyle on body, mind and emotion
- Enabling clients to make informed choices about their ongoing self-care and mental wellbeing is a key aspect of recovery
- The connection between our health and diet
- The possibility of physiological disturbance due to diet and/or nutritional factors.
- Client's ability to self-care.
- How might exploration around a client's dietary choices be integrated into an average therapy session?



Aims of Nutritional Approaches

- ✓ Rebalance physiology and biochemistry
- ✓ Develop organised healthy eating patterns
- ✓ Provide appropriate, safe nutrition information.
- ✓ Help client understand behaviours and symptoms linked to diet
- ✓ Support psychological treatment
- ✓ Understanding nutrition in context of health
- ✓ Nutrition education- facts and information
- ✓ Providing information re physiology/biology
- ✓ Developing food plans and making choices
- ✓ Practising appropriate food and self care behaviours
- ✓ Nutritional approaches for mental health

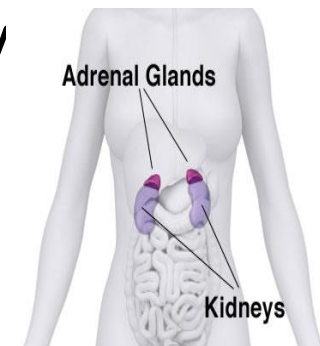


Symptoms of Nutritional Deficiency -Link to Mental Health Symptoms

- Low energy
- High stress
- Slow metabolism
- Food cravings
- Constipation
- Weight changes
- Insomnia
- Headaches
- Anxiety
- Low mood/mood swings
- Lack of concentration
- Obsessions/compulsions
- Low self esteem
- Depression
- Irritability
- Decreased sexual interest

Stress and the Adrenals

- Stress may be defined as 'our response to the perceived relationship between the demands on us and our ability to cope'.
- Not all stress is unhealthy - the impact on our health depends on our perception of our ability to cope.
- 3 Stages of stress; General Adaptive Syndrome (GAS) on body;
 - 1) **Alarm stage; 'fight or flight' or 'initial response' - short term stress**
 - 2) **Adaptation or resistance stage – impact of stress over longer term**
 - 3) **Exhaustion stage**
- Adrenal hormone production in the various stages of stress
- Effects of these hormones in the body including sy individual might experience
- Possible outcomes for the individual at each stage
- Likely adrenal status at each stage.



Other impacts of Stress

- **Serotonin production**: stress reduces the amount of serotonin manufactured in the body.
- **Nutrient deficiency**: Long term stress drains key nutrients required to produce energy.
- **Dieting and disordered eating**: dieting, or alternating between dieting and overeating, also puts a strain on the adrenals as dieters are frequently in a state of low blood sugar
- **Adrenal Fatigue**: the production of cortisol and DHEA by the adrenals may be compromised resulting in 'adrenal fatigue'.
- **Identifying long term effects of stress**: A nutritional therapist is qualified to use a range of tests and indicators to help identify the long-term effects of stress in an individual
- **Blood sugar control**: prime function of the adrenal glands is to deal with 'slumps' in blood sugar by releasing adrenaline
- **Immune system**: under stress, the immune system is also affected

The Effects of Under-eating

Under-eating can take many forms:

- Restraint of eating to keep weight under control (dieting)
- Severe eating restraint to keep weight under strict control (dieting syndrome)
- Eliminating specific food groups such as all fat or all carbohydrate because of health fears, or fear of putting on weight (possible orthorexia)
- Under-eating, as with someone with bulimia who is afraid that if they were to start eating they would go out of control
- Extreme under-eating in someone who has an unhealthy compulsion to reach or attain a very low body weight as in anorexia nervosa

Mental Effects

- Lack of concentration
- Memory lapses
- Difficulty in making decision
- Confusion
- Disorientation
- Lack of innovative ideas



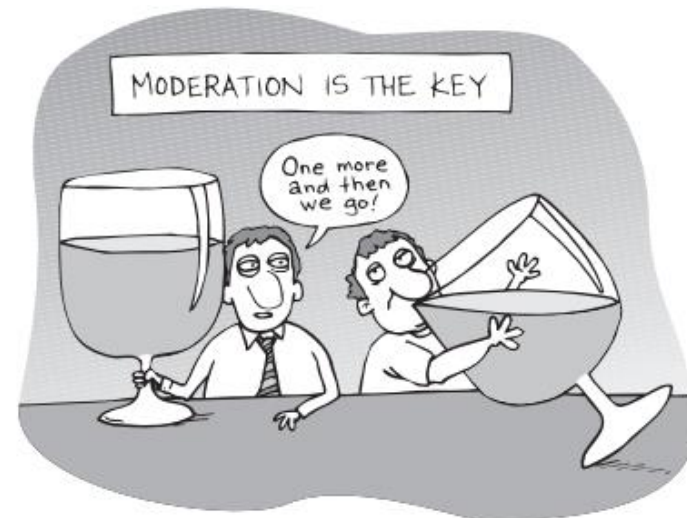
Benefits and Adverse Effects of Alcohol

Possible Adverse Effects:

- Drain on nutrition
- Increases activity of brain and nervous system
- Addictive
- Can effect: Skin, CV system, digestion, sexual function, blood sugar, weight control.

Possible Beneficial Effects:

- ✓ Stress and relaxation
- ✓ Longevity
- ✓ Nutrient content
- ✓ Antioxidants



'Health Foods' that are really Junk Foods in Disguise

- × Processed “Low-Fat” and “Fat-Free” Foods
- × Most commercial salad dressings
- × Fruit juices, which are basically Just liquid sugar
- × “Heart Healthy” whole wheat
- × Cholesterol lowering Margarines
- × Margarine
- × Sports drinks

- × Low-carb junk foods
- × Agave Nectar
- × Vegan Junk foods
- × Brown rice syrup
- × Processed organic foods
- × Vegetable oils
- × Gluten-free junk foods
- × Most processed breakfast cereals

Perfection not required! Just move a little to the right.



Essential Fatty Acids - Functions

- Hormone production
- Brain, nervous, immune, CV function
- Control disease processes
- Speed up metabolism
- Keep skin supple and flexible
- Neural development in babies and infants
- Production of prostaglandins

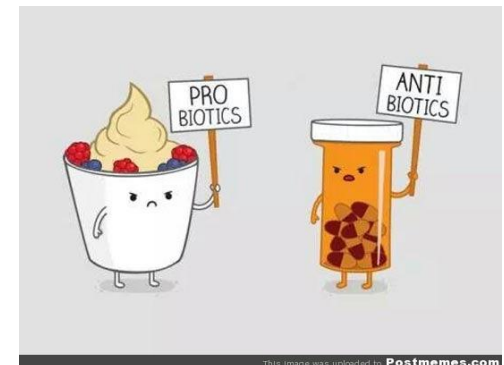
Food sources of EFAs:

- Oily fish e.g. mackerel, herring, salmon, fresh tuna, trout
- Cold pressed seed oil e.g. linseed (flax), sesame, pumpkin, sunflower, hemp
- Cold pressed extra virgin oil
- Seeds e.g. pumpkin, sunflower, sesame, flax
- Nuts e.g. almonds, walnuts, brazils, pecans.



Gut Health and Mental Health

- With an advanced neural network transmitting messages from trillions of bacteria, the “brain” in your gut exerts a phenomenal influence over the one in your head.
- Your gut and your brain communicate by producing, and responding to, hormones and chemicals.
- Your gut microbiota can influence the gut-brain axis via releasing endotoxins and cell-signalling hormones and neurotransmitters, amongst other mechanisms.
- This can exacerbate your stress response, resulting in disrupted sleep, fatigue, muscle pains, low mood, anxiety and even impaired long-term memory.



What works

Ensuring a nutrient-dense diet in particular to balance blood sugar, support the immune system, digestion and detoxification control. This would include:

- ✓ **Complex carbohydrates, vegetables and fruit (providing nutrients for blood sugar control, serotonin production, immune support, enzyme production and fibre .**
- ✓ **Plenty of water, herb tea**
- ✓ **Oily fish, nuts and seeds (providing essential fats to help hormone balance).**
- ✓ **Protein from vegetarian sources and small amounts of organic poultry.**
- ✓ **Protein is needed for tissue repair and blood sugar control. Vegetable protein reduces the acidic load on the body. 20 grams of protein, 3x/day helps to increase energy and support cortisol production.**
- ✓ **Avoiding tea, coffee, sugar and all stimulants including tobacco, alcohol and chocolate (re blood sugar balance and leaky gut).**
- ✓ **Eating regular meals particularly breakfast (ideally 3 meals and 2 healthy snacks per day). This approach supports blood sugar control and helps to sustain energy.**
- ✓ **Eliminating as many causes of dietary stress on the body as possible.**

Nutritional Strategy – General Guidelines

- Three balanced meals a day
- Emphasise nutrient dense food foods to improve nutritional/biochemical imbalance
- Have 2-3 small snacks daily avoiding sweets or refined carbs
- Treat food as medicine
- Eat at least every 2-3 hours
- Ensure good quality protein with main meals
- Include some EFAs each day
- Eat unlimited amounts of green vegetables plus some red, orange, purple and yellow vegetables.

How to set goals

- Goals ideally should be **SMART & POSITIVE**
- Specific, measurable, appropriate, reasonable, time limited.
- Behaviour not weight
- Programme these goals in small steps
- Anticipate barriers
- Self-Reward performance
- I shouldn't eat chocolate/ Next week I will ask hubby to buy me flowers when he does the shopping/ I will eat healthier food/ next week I will have a portion of fruit each day.



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How to Be Your Own Brain Fitness Coach

I. Debunk Myths

II. Address Basics

III. Cross-train your Brain

IV. Coach Yourself





Thank you for listening Please check out our website and see what we can offer www.life-therapies.com

We are a team of leading professionals

Our team includes UKCP and BACP Accredited Psychotherapists, Eating Disorder Clinicians, Registered & Accredited Coaches, Nutritionists and Holistic Therapists.

Meet The Team

Why not try one of our workshops?

Classes suitable for Counsellors, Psychologists, Psychotherapists, Doctors, Nutritionists, Nurses, Social Workers, Fitness Trainers & other health professionals working with weight management.

View Workshops