

thinkfit BODY HEALTH

DEVELOPED AND DELIVERED BY SANA PSYCHOLOGY

Sana Psychology have partnered with Sea Change Weight Loss Clinic to deliver a group education program that will assist you to develop habits that enable long term weight maintenance and wellbeing. Sana Psychology recognise that long term weight maintenance can be challenging and often requires habitual changes across all domains of health and wellness. This program aims to provide you with the education, tools and strategies that will help support and sustain health, wellness and happiness.

SESSION 1 : PROGRAM OVERVIEW AND RATIONALE

Stress, emotions and your relationship with food

- Identifying your relationship with food
- Developing awareness of and exploring your emotional attachment to food
- Education regarding the neuroscience of stress and emotional dysregulation

Expectations beyond surgery

- Developing awareness of expectations regarding surgical outcomes
- How will weight loss impact your lifestyle and relationships?
- What strategies do you have to assist you to cope with change?
- The role emotions play in managing stress

SESSION 2: MOTIVATING CHANGE & HABITS

Values and goal setting

- Exploration of values – what do you want for your future and what do you want to stand for?
- Exploring your motivators for a healthy lifestyle
- Smart goal setting for your future life and health goals
- Bringing it all together, developing your willingness action planning.

Habit formation

- Healthy habits
- How to change habits and consolidate them
- Introduction to behaviour modification planning

SESSION 3: HEALTH AND FOOD

Building a purposeful and productive relationship with food

- Identifying your relationship with food
- What needs do you meet with food?
- Getting curious about food
- Managing expectations
- Managing set backs with food
- Restrictive eating practices
- Mindful eating

SESSION 4 – OTHER HEALTH

Physical Education and Movement

- Movement and its impact on physical and mental health and long term weight maintenance
- How do you establish a plan to assist with the commencement of purposeful health behaviours.
- Exploration of gut health, nutrition and the impact of food on brain health.
- Developing a physical activity plan

Sleep

- The importance of sleep for your emotional wellbeing
- Relationship between sleep and weight
- Development of a sleep plan

SESSION 5: HOW TO GET UNSTUCK

Mindfulness and breathing

- The use of mindfulness for managing your emotions
- Breath awareness and practise

Mind your thinking

- How thoughts can keep you stuck
- Strategies to unlock from unhelpful thinking

Bringing it all together

- Modifying and refining your individualised healthy habits plan

INCLUSIONS:

- 5 x group session running for 90 minutes with 2 registered psychologists
- Healthy refreshments
- Session worksheet booklet and overall healthy habits plan

COST PER PERSON: \$590.00

If you have a Mental Health Care Plan (MHCP) from your General Practitioner you will be entitled to a Medicare rebate of \$22.55 per session (total Medicare rebate total per person = \$112.75).

EXPRESSING INTEREST IN THIS PROGRAM:

Contact **Sana Psychology (02) 40318204** regarding program start dates and/or to book into the next thinkfit BODY HEALTH program.

