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**Am I Hungry? E-Newsletter  
October 2005**



Go to [http://www.amihungry.com/pdf/newsletter\\_10\\_05.pdf](http://www.amihungry.com/pdf/newsletter_10_05.pdf)  
for a formatted PDF version of this newsletter.

## **STRESS LESS!**

Before you head into the busy season, take a few moments to get your stress management toolbox in order. This month's article will get you started.

But first, may I ask you a question? Is your copy of Am I Hungry? still sitting on your nightstand?

Many of you have written to tell us how Am I Hungry? has changed your life. But some of you are still waiting for the perfect time to get started. That time is here! Beginning October 26<sup>th</sup> we will "do" Am I Hungry? together by Teleseminar. These Am I Hungry? teleseminars are identical to our Phoenix workshops but you will join us by phone from wherever you are – home, office, hotel, or car - anywhere in the world.

Once a week on Wednesday evenings at 6:00 p.m. MST, we'll meet for 90 minutes in a live workshop by phone and walk step by step through Am I Hungry? By December 14<sup>th</sup> you will have the tools to manage your weight without dieting. Join us for our first class on Oct. 26<sup>th</sup> RISK-FREE. If you change your mind after taking that first class, you will receive a FULL refund of your registration fee (but keep the E-book and Awareness Journal). Take a look and reserve your place (SPACE IS LIMITED) at [http://www.amihungry.com/weight\\_loss\\_programs.shtml](http://www.amihungry.com/weight_loss_programs.shtml). What have you got to lose?

A special thank you to Patient Care for selecting *Am I Hungry?* for the "2005 Excellence in Patient Education Innovation Award!"

Please help us spread the word about this non-diet approach to weight management. Forward this e-newsletter to your friends and they will receive "101 Things To Do Instead of Eating When You're NOT Hungry" when they subscribe.

Wishing you optimal health and joy!  
Michelle May, M.D.

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## **STRESS MANAGEMENT FOR WEIGHT MANAGEMENT**

By Michelle May, M.D. and Lisa Galper, Psy.D.

Stress can motivate you to perform to the limits of your ability and adds excitement and challenge. However, when you experience excessive stress or lack adequate skills to cope with stress, it has a direct effect on your ability to manage your weight and your life.

### **What is Stress?**

Stress results from your body's natural instinct to protect itself, the "fight or flight" response. Such reactions may have been useful when your ancestors were frequently faced with life and death matters. In today's society, most feelings of stress are triggered by your thoughts, perceptions and interpretation of life's events.

Face it. You live in a society that places many demands on your energy and time. This may create unrealistic expectations and a sense of urgency. It is important that you acknowledge and respect your own personal strengths and limitations. Lets explore a few options to help you cope with your particular stressors more effectively.

**Slow Down:** Our society fosters the notion that we must see more, do more, and be more. Set aside some time each day to reconnect with yourself.

**Be Aware:** When you are going in several different directions at once, you become less efficient, less effective, and more stressed. Instead, be totally aware and focused on the moment and on one task at a time.

**Know Your Limits:** Sometimes reducing stress means learning to say no, scaling back your responsibilities, and doing less.

**Express Your Feelings:** Keeping things bottled up inside is a major source of stress for many people. Communicate your desire for change in specific, direct and positive terms.

**Physical Activity:** You knew this was coming! Exercise is a powerful stress reducer too.

**Have Fun:** Playtime is very important yet is usually the first to go when you are busy. Look for opportunities to laugh and relax.

**Relaxation Techniques:** Deep breathing, progressive relaxation, mini-vacations, and simple stillness are great for helping you de-stress, anytime, anyplace. (For detailed techniques see our E-Book and CD 204 <http://www.amihungry.com/book.shtml> ). Try deep breathing right now:

- Slowly take a deep breath, following the air with your attention as it goes in.
- Exhale slowly, taking twice as long to exhale as it took to inhale.
- Try breathing in through your nose, out through your mouth. Count slowly to 5 as you inhale, 10 as you exhale.
- Every time you exhale, pause for a second to stay conscious of your breathing. Let your shoulders droop and feel yourself relax more with each breath.
- Repeat this several times.

There are as many ways of relieving stress as there are sources of stress. The most important thing is to take some action, no matter how small. Making the commitment to consistently address stress is a powerful way to improve the quality of your life.

(This article is a short excerpt from Teleseminar 204 –Stress Management for Weight Management, which is part of our series, I’m Not Hungry – What to Do When I Want to Eat Anyway. These are available as “easy-to-read over a cup of coffee” downloadable E-Books and one hour CDs. Imagine how much you could learn by listening as you drive across town! Take a look at all the resources available to you in our updated online catalog at <http://www.amihungry.com/book.shtml>).

**WEBSITING:** [http://www.actionforhealthykids.org/special\\_after.php](http://www.actionforhealthykids.org/special_after.php)

From Action for Healthy Kids - ReCharge! is the first nationally distributed after-school program that fully integrates physical activity and nutrition through team-based activities for children in grades 3-6. ReCharge! is designed to help improve children’s eating and physical activity habits. After school time is a great opportunity to provide children with fun activities that can also help foster the development of lifelong habits of good nutrition and physical activity.

**OTHER GREAT LINKS:** We took the time to sort through many websites to bring you numerous other great links including Children’s Healthy Weight and Fitness, Diabetes, Eating Disorders, Fitness, Health, Non-Diet, Nutrition, Research, and Weight Management: <http://www.amihungry.com/links.php> .

## RESOURCES FOR HEALTH PROFESSIONALS

Encourage your patients to get fit with the latest Americans in Motion (AIM) resources from the American Academy of Family Physicians. Order your F-R-E-E “AIM to Change” tool kit featuring practical advice and valuable resources for family physicians. Am I Hungry? was used as the foundation for the patient education information. Help your patients get moving toward better health. To view these AIM resources and more, visit: <http://www.aafp.org/aim.xml> .

Send us your contact information if you want to know about becoming a licensed Am I Hungry? Facilitator [Info@AmIHungry.com](mailto:Info@AmIHungry.com) and join us for our 8 week teleseminar as an

important first step in your training. More information at [http://www.amihungry.com/weight\\_loss\\_programs.shtml](http://www.amihungry.com/weight_loss_programs.shtml) .

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## **NEW RELEASE!**

If you loved “Am I Hungry? What to Do When Diets Don’t Work,” you’ll love the new companion journal “Am I Hungry? Awareness Journal.”

This journal will maximize your weight loss results by guiding you to much greater awareness of your thoughts, feelings, and actions. Each chapter includes an overview, action plan, goals, tools and tables for quick reference, and key questions for applying Am I Hungry? to your own life. You'll also receive bonus Life Skills not found in Am I Hungry? and a 7-Day Journal for each chapter. Order your copy or take a look at more sample pages at <http://www.amihungry.com/book.shtml> .

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Sign up to receive this Am I Hungry? E-newsletter once a month or read all of the practical and content-packed back issues at <http://www.amihungry.com/enews.shtml>. You'll receive “101 Things To Do Instead of Eating When You’re NOT Hungry” when you subscribe.