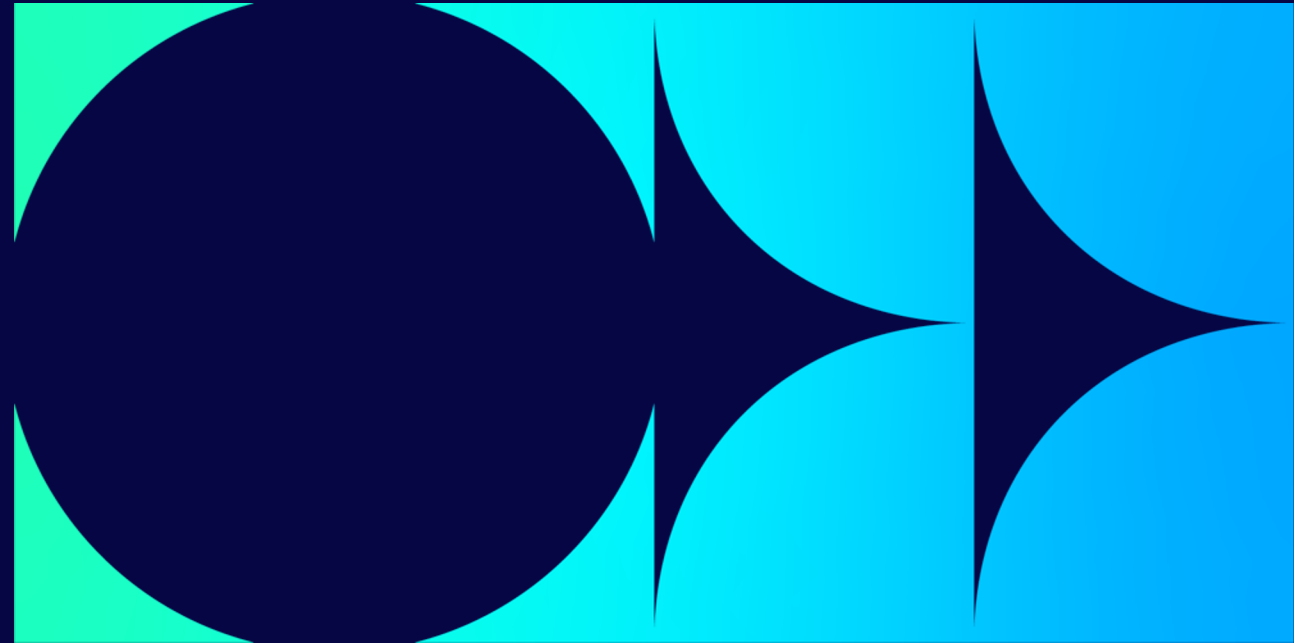


Talk 8. Ways to eat well and stay well



**Ageing Well
Public Talks**



Ways to eat well and stay well

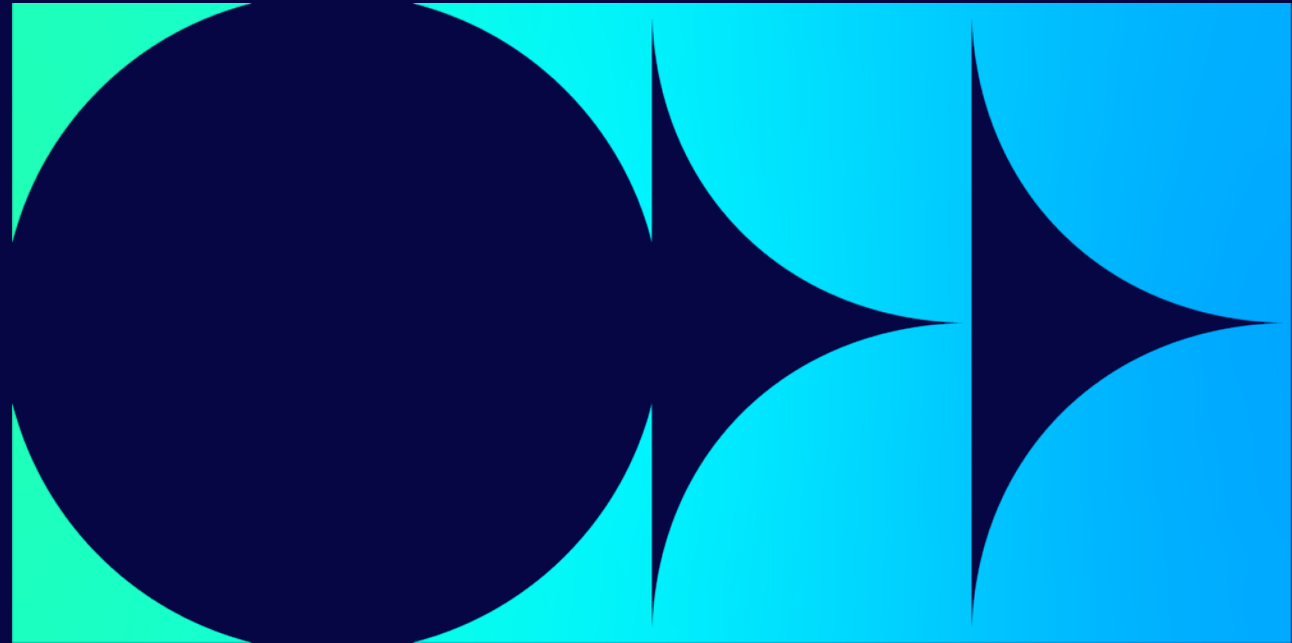


http://www.reddit.com/r/gifs/comments/3n37df/happiest_dog/

Dr Sinéad Eccles CPsychol, SFHEA

School of Psychology & Counselling, Faculty of Arts & Social Science

17th of April 2024



Plan for the session

- ▶ What is intuitive eating
- ▶ How the brain reacts to disordered or emotional eating
- ▶ The role of your brain in eating
- ▶ How to promote the production of happy hormones

Before we get started- Question time:

- ▶ Have you ever dieted?
- ▶ Have you ever food restricted?
- ▶ Have you ever thought about being thinner?
- ▶ Have you ever compared yourself to you 10 years ago (or longer) or others?

The Dieters Dilemma- 4 steps

1. The desire to be thin
2. Start the diet
3. Cravings kick in
4. It's too restrictive so you give up

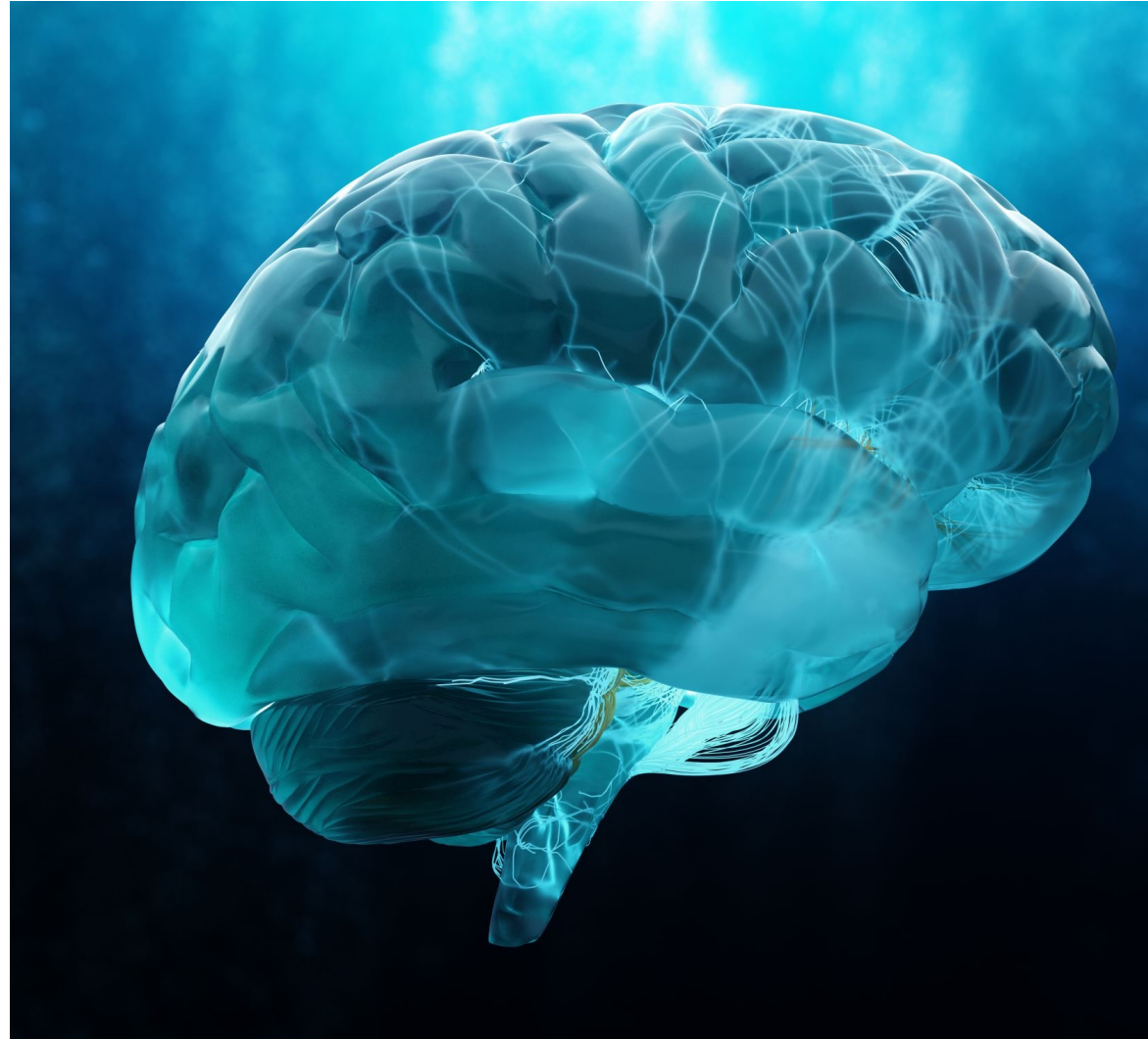


The Diet Culture

- ▶ The global market for weight loss products and services have predicted to grow **from \$254.9 billion in 2021 to \$377.3 billion by 2026.**
- ▶ However, it is estimated that **2.7 billion adults will be overweight**, over 1 billion affected by obesity, and **177 million adults** severely affected by obesity by **2025.**
- ▶ As a neuropsychologist that studied the biological basis of eating disorders, I am interested in the impact that restrictive eating has on the brain. I am also interested in the lack of evidence that supports diets, yet most adults will engage in diets to reduce their weight

Anti-diet Dieticians

- ▶ There appears to be a shift.
- ▶ Health practitioners are now labelling themselves as anti-diet dieticians.
- ▶ Harrison is the author of Anti-Diet and host of the [Food Psych podcast](#) that talks about the diet culture and the impact it has had on our overall health.



Our beautiful brain

My interest and passion

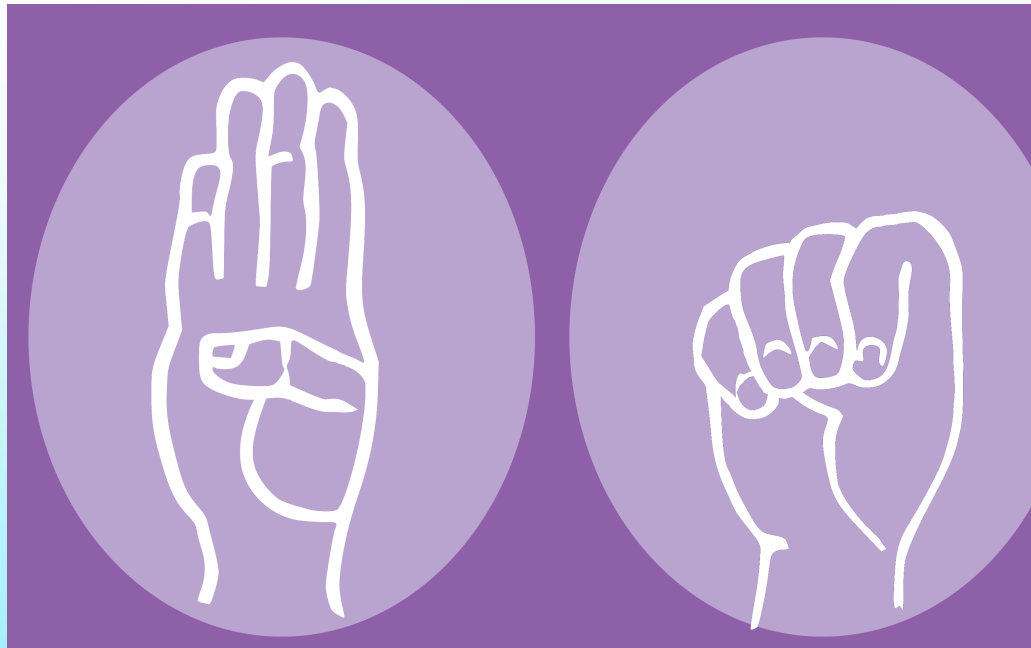
Brain facts

- ▶ Your brain weighs about **3 pounds** in weight
- ▶ **60%** of it is made up of fat. This fat is essential for your brain to work efficiently. The fatter the brain the healthier the brain
- ▶ Your brain has approx. **100 billion neurons**. (that is the same as the number of stars in the Milky way galaxy)
- ▶ Brain information's travels to **268 miles** per hour
- ▶ Your brain isn't fully formed until the age of **25**
- ▶ The human brain will **triple its size** in the first year of life
- ▶ **Multitasking** is impossible



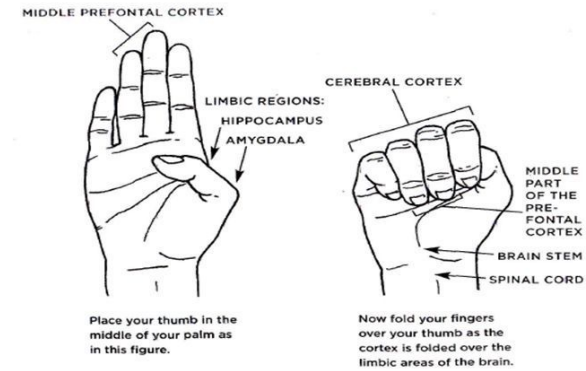
Hand Model of the Brain -

Let's practice



The hand model of the brain

Daniel J. Siegel, *Mindsight* (Melbourne: Scribe, 2010), p.15

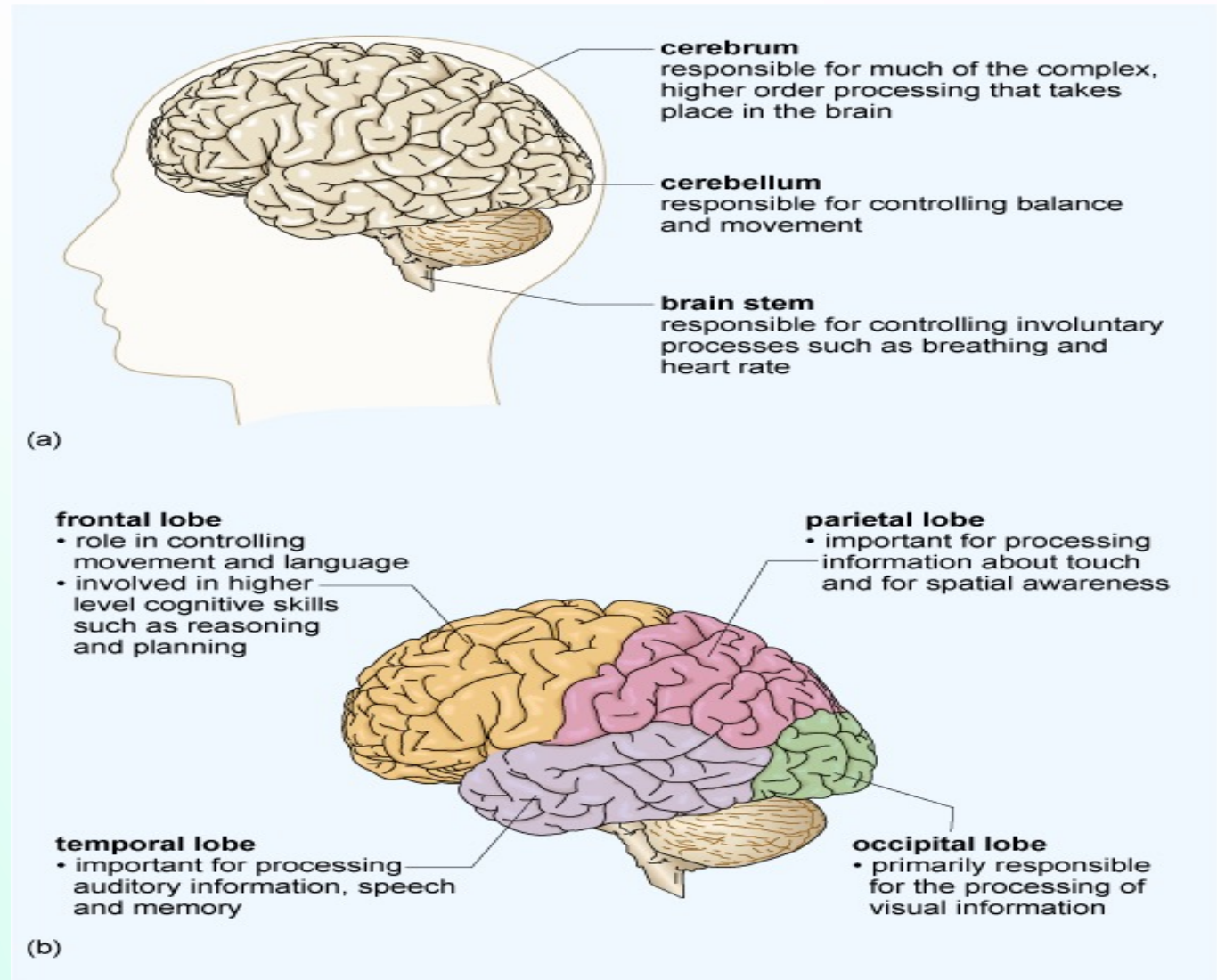


The Complex Brain

A= The three main regions of the brain

B= The four lobes of the cerebrum

Figure courtesy of OU module material: SK298: Brain, mind and mental health



Emotional Eating and connection to the brain

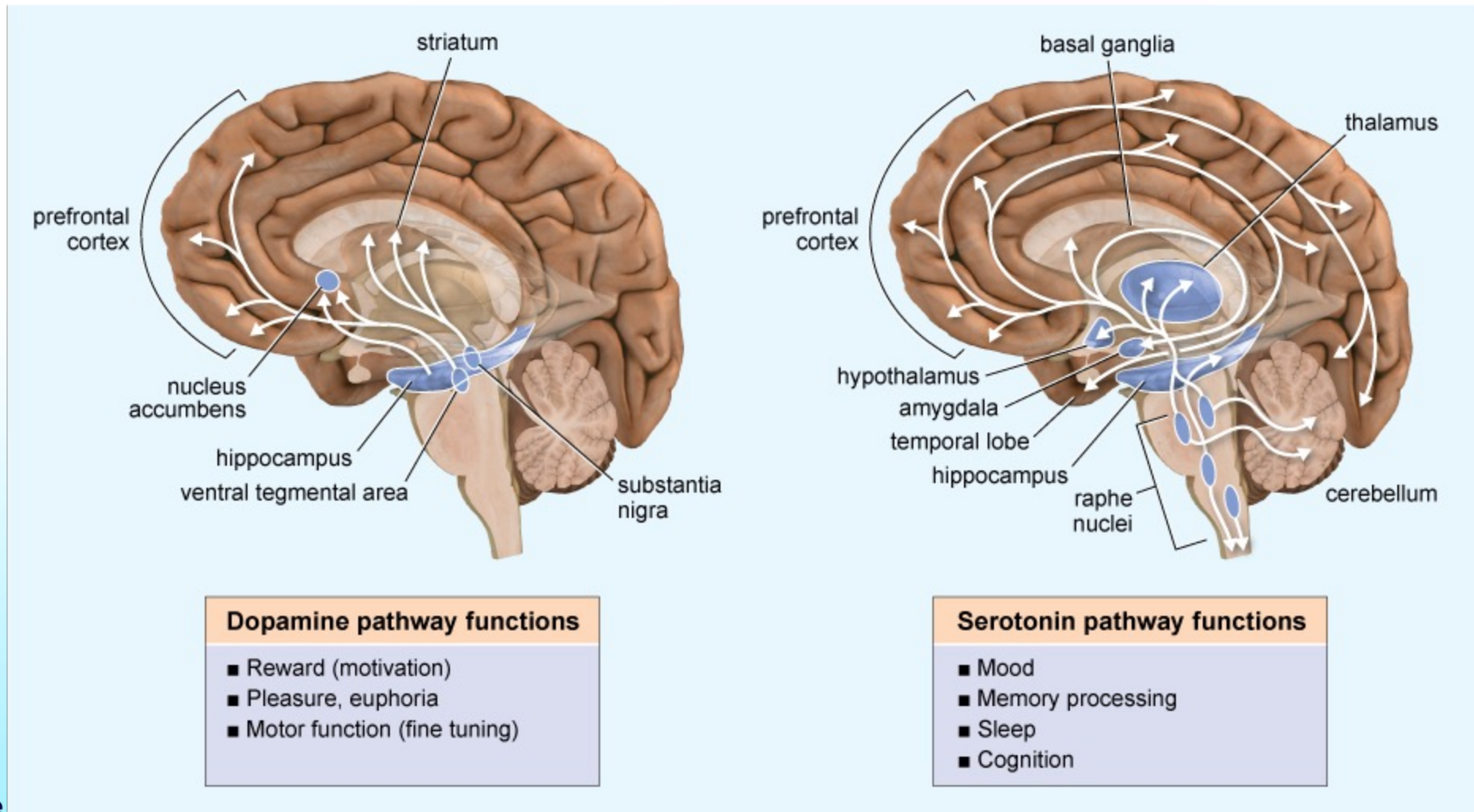
People who engage in emotional eating have said to have a heightened response in their dopaminergic system, the group of nerves originating in the mid-brain which are responsible for the brain's reward system.

Research published in 2020 in *Frontiers in Behavioral Science* suggests that when emotional eaters are primed with negative emotions and then eat, they think the food actually *tastes* better, indicating that their reward system is prone to react positively to food when they're stressed.

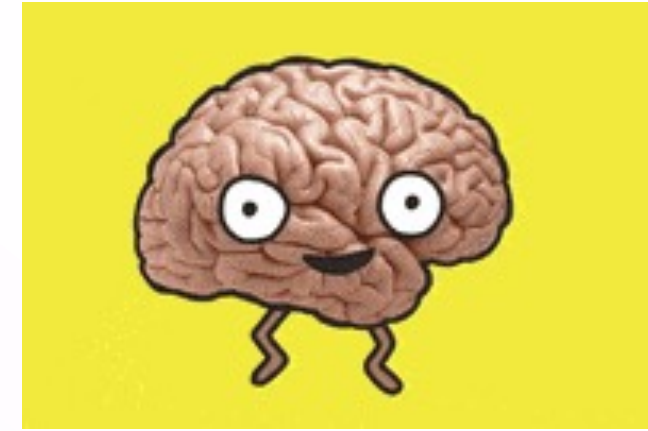
Food becomes a tool for self medication that **releases dopamine** in the brain, similar to what happens when someone uses a drug of abuse.



Let's take a closer look



What happens in the brain when you restrict food?



- ▶ Studies that assess attentional focus and attentional capture with eye tracking methods (Castellanos et al., 2009), the attentional blink paradigm (Piech, Pastorino, & Zald, 2010), or dot probe tasks (Placanica, Faunce, & Soames Job, 2002) find that people's attention is biased toward food stimuli when they are calorie deprived.
- ▶ Brain imaging studies find increased activity in areas relevant for attention when calorie deprived individuals are shown images of palatable foods (compared to images of water or non-palatable foods; Stice, Burger, & Yokum, 2013).



What is intuitive Eating?

- ▶ Intuitive eating involves developing a connection with one's own internal cues of hunger, fullness, and satisfaction and using those cues to guide food and exercise choices (Bruce & Ricciardelli, 2016; Tribole & Resch, 2012).
- ▶ Intuitive eating recognizes that individuals experience unique needs around food, arguing that people connected with their internal hunger cues will naturally make food and exercise choices that promote health (Tribole & Resch, 2012).

Food Police

- Did you know that there are no good and bad foods!
- There are only foods that can nourish you and make you feel better!
- However, what you can eat can influence your mood, energy levels, concentration and how we respond to life events. Regular eating patterns can really help with this.
- If we wait until we are very hungry, we are almost guaranteed not to make the best choices that will nourish our bodies. So, take some time to plan some meals, even if this is your daily evening meal and make sure to have all the ingredients that you need.

How can you apply intuitive eating

- ▶ Reject the diet mentality
- ▶ Recognise your Hunger
- ▶ Make peace with food
- ▶ Challenge the food police (labelling food as good or bad)
- ▶ Feel your fullness
- ▶ Discover the satisfaction factor
- ▶ Cope with feelings without using food
- ▶ Respect your body
- ▶ Exercise and feel the difference
- ▶ Honour your health

What is intuitive eating? - Heart Matters magazine | BHF

Intuitive eating: how to get started

Plan

Plan to prioritise your own health. Start small, from a place of kindness and acceptance.

Resist

Resist from starting another diet. Be curious as to what your triggers are.

Read

Read material on Intuitive eating- Also, [Read the article on Brain health](#) (this will help you along the way)

Celebrate

Celebrate your body, you are unique and wonderful.

Keep

Keep a food journal and write about what time you eat, what you eat and how you felt before and after you eat. Don't feel guilty!! Remember no good and bad foods!

But Wait!

- To eat intuitively you need to get your brain to work for you.
- Your brain can really help you along the way.
- A happy brain will be more open to eating intuitively.

DOSE

Happy Hormones- DOSE

Technically a neurotransmitter that makes us feel good.

Neurotransmitters are chemical messengers that your body can function without.

- **DOSE - Dopamine - Oxytocin - Serotonin - Endorphins**
- **Dopamine:** known as the 'feel-good' hormone, dopamine is responsible for motivation and drive. It's also involved in the reward system of your brain and plays a role in controlling memory, movement, mood, sleep and much more.
- **Oxytocin:** this hormone is known as the 'love hormone' or the 'cuddle chemical'. It is essential for the bonding between a parent and child. It can also help promote trust, empathy and bonding in relationships. This hormone will increase with physical affection, such as a hug.

- **Serotonin:** this hormone is known as the 'happy chemical' that helps to stabilise your mood. 90% of it is made in your gut so when you feel anxious or stressed serotonin will increase in an attempt to help regulate your emotions. It's also involved in your sleep, appetite, digestion and memory.
- **Endorphins:** the name comes from the words 'endogenous,' which means within the body, and 'morphine,' an opiate pain reliever. Endorphins are your body's natural pain reliever and increase when you engage in reward-producing activities such as eating, working out, or laughing.

What are the signs you are not getting enough happy chemicals

DOSE

Dopamine

procrastination - low self-esteem - lack of motivation - low energy or fatigue - inability to focus - feeling anxious - feeling hopeless - mood swings

Oxytocin

feeling lonely - feeling stressed - lack of motivation - low energy or fatigue - disconnect of relationships - feeling anxious - insomnia

Serotonin

low self-esteem - overly sensitive - anxiety / panic attacks - mood swings - feeling hopeless - social phobia - obsession / compulsion - insomnia

Endorphins

anxiety - depression - mood swings - aches and pains - insomnia - impulsive behaviour

Happy hormones and eating

Keep yourself happy and focus on your happy hormones. Your brain will make these for free.

Remember Dopamine is a very useful but tricky hormone.

Connect with your body and brain when you eat.

How can you increase your happy hormones

DOSE

Dopamine

Completing a task – Doing self-care activities – Eating food – Celebrating little wins

Oxytocin

Playing with a dog- Playing with a baby- Holding someone's hand- Hugging your family - Giving a compliment.

Serotonin

Meditation – Running – Sun exposure – Walk in nature – Swimming – Cycling

Endorphins

Laughter exercise – Essential oils – Watch a comedy – Dark chocolate – Exercising

What makes you happy?



<http://fuckyeahmoregifs.tumblr.com/post/10200339169>

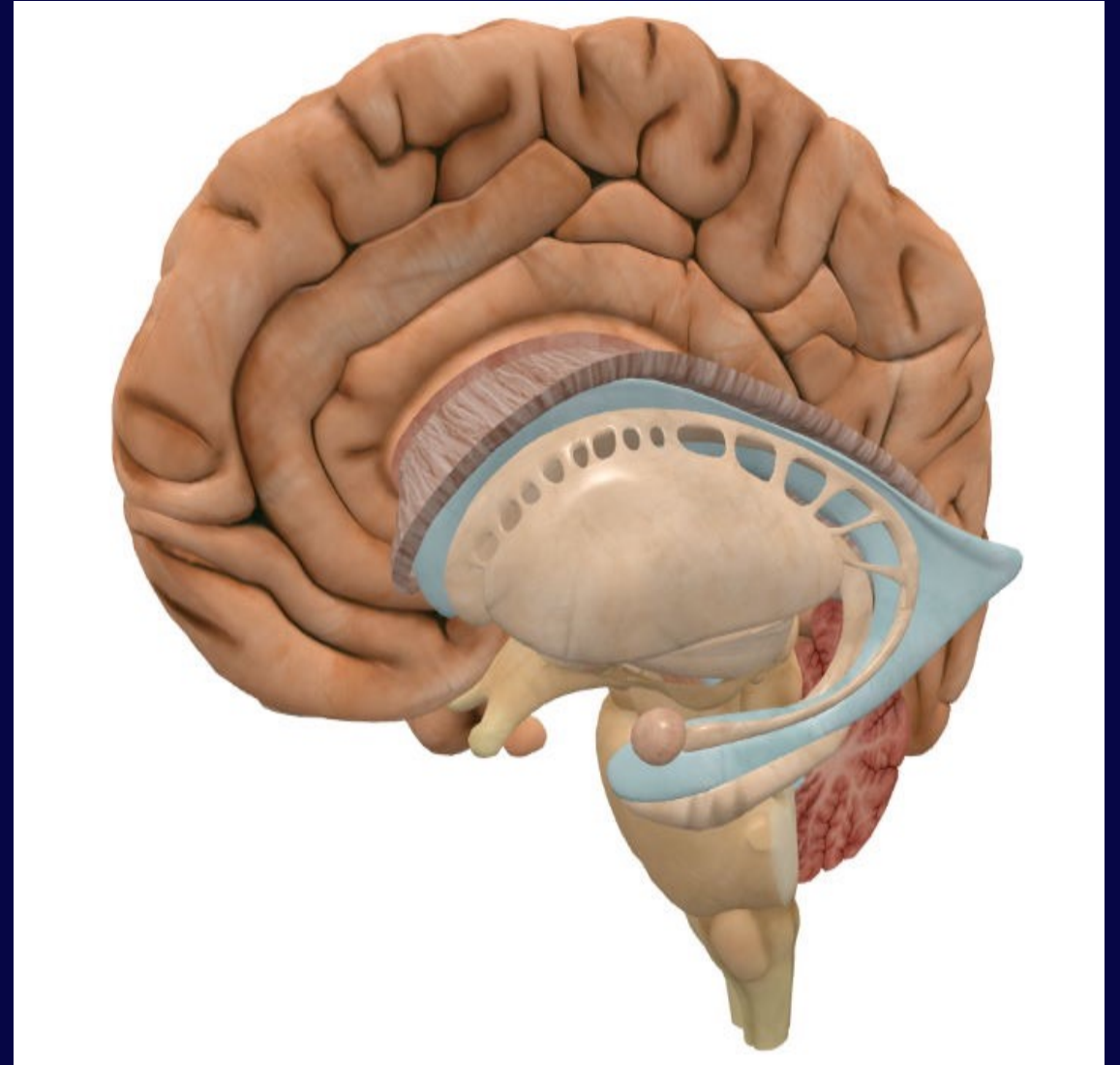


<https://www.reddit.com/r/Eyebileach/comments/9oa7dg/snaggletooth/>

Interactive Brain

Courtesy of the OU

- ▶ [The Open Science Laboratory: Interactive 3D brain](#)



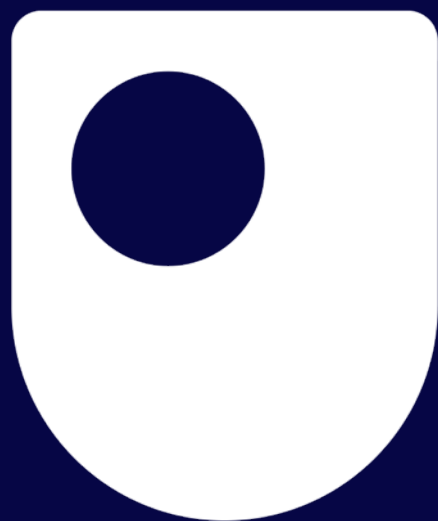
Questions?

- ▶ [Intuitive Eating Open Learn Article](#)
- ▶ [Brain Health Open Learn Article](#)



Dr Sinéad Eccles CPsychol, SFHEA
School of Psychology & Counselling
Faculty of Arts & Social Science,
The Open University, 10 Victoria Street, Belfast, BT1 3GN, Northern Ireland
Tel +44 (0) 28 9024 5025 | sinead.eccles@open.ac.uk | www.open.ac.uk/northern-ireland

Thank you



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Ageing Well series of Public Talks

“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.

Come and join us for the series of public talks with the title “Ageing Well”



Dr. Jitka Vseteckova
Senior Lecturer, Health and Social Care



Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking – researching with people living with dementia and their carers](#) –
- Vseteckova J (2020) Podcast – [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust – [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)



Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)

Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)



Vseteckova J (2020) [Ageing Well Public Talks Series](#)

Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)

Vseteckova J (2019) [Depression, mood and exercise](#)

Vseteckova J (2019) [Five Pillars for Ageing Well](#)

Vseteckova J (2020) [Ageing Brain](#)



Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)

Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)



Care and caring related

Vseteckova J, (2020) [How to age well, while self-isolating](#)

Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)

Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)

Vseteckova J et al (2020)

[COVID-19 The effects of self-isolation and lack of physical activity on carers](#)

Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)



Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)

Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)

Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)



[AGEING WELL PUBLIC TALK SERIES WEBSITE](#)

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[Midlife MOT OpenLearn Course](#)

OpenLearnCreate Course on ['Ageing Well' 2019/2020](#)

[Home exercise no equipment – no problem](#) *Blog*