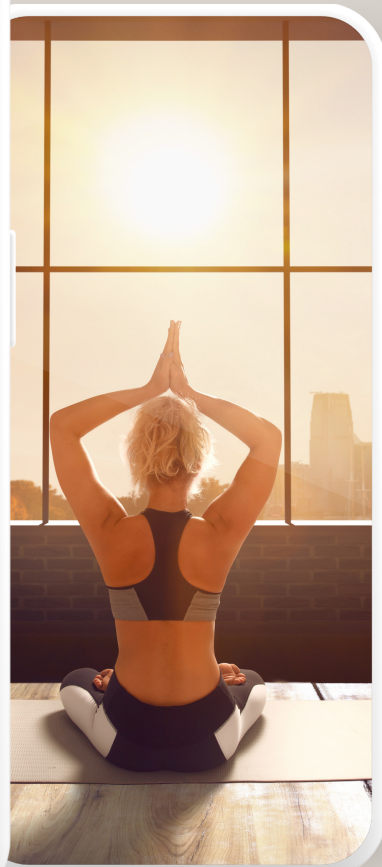


LIFESTYLE MEDICINE

GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





Session 5:

How Sleep and Stress effect outcomes of GLP1s

Fill in the blank:

During SLEEP, your brain undergoes a natural _____ process, also known as the glymphatic system.

Poor sleep can lead to poor _____ control.

Sleep deprivation causes a rise in _____ (the hunger hormone) & a fall in _____ (the full hormone), often leading to unintentional overeating.

How can poor sleep, especially over time, affect your workouts & recovery?

List some barriers you are currently experiencing that might be affecting your sleep. These can be habits, routines, or physical changes (e.g., menopause). _____

STRESS

Now list some stressors (brain dump style—just get it out on paper!) that you are currently facing. Instead of spending energy, finding ways to decrease stress from those specific things.

Circle the ones that you can handle with “stress neutral” activities.

Take a moment to link these circled stressors to specific things that you know reduce your stressful feelings.

Taking Action

How can you start to take action (even a small action) toward assisting you in lowering your stress?

Actions: My Wellbeing goal is to lower my stress by:

Actions: My Wellbeing goal is when I feel stressed I will:



The 1-5 Hunger Scale:

1

Ravenous (Starving):

You feel physical symptoms such as dizziness, shakiness, or irritability (often called being "hangry"). This is a high-risk zone for overeating or making poor nutritional choices because the need for food feels urgent.

2

Very Hungry:

Your stomach is growling, and you may feel a gnawing sensation or a lack of energy. You are ready to eat a full meal now.

3

Hungry (Ideal Time to Eat):

You feel a clear signal that your stomach is empty. You are ready to eat, but you do not feel frantic or urgent. This is the optimal time to start a meal to maintain control over portions.

4

Slightly Hungry:

You are beginning to think about food. You may notice your first subtle hunger pangs, but you can easily wait a bit longer to eat.

5

Neutral:

You are comfortable and satisfied. You are neither hungry nor full. This is the state you typically reach mid-meal or a few hours after eating.

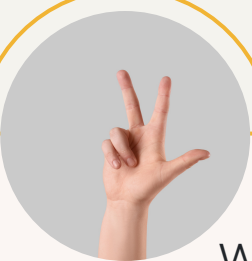
Scales and Cues

How To Use The Scale



CHECK IN

Before you eat, pause and ask yourself where you fall on the scale.



THE SWEET SPOT:

Aim to start eating when you are at a 3. Waiting until you reach a 1 or 2 often leads to eating too quickly or past the point of comfort.



STOPPING POINT

Many practitioners recommend stopping at a 5 (neutral) or 6 (satisfied) to avoid the discomfort of being overly full.

The Cue Tool

STOP

S = Stop or Pause

T = Take notice/Take a Break

O = Observe (thoughts or emotions)

P = Proceed with intention