

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Find Ways to Cope with Stress

During times of stress, your body releases hormones to help you react to the problem at hand; this may cause your heart to beat faster, your blood pressure to rise, or your breathing to increase. For some people, eating certain foods can help decrease these sensations. This is not a new or unusual reaction; many people use food as a way to interrupt stressful or emotional feelings. Food is a form of comfort. Most of the time, this is only a short-term fix; after a while, this habit can lead to over eating and excess weight gain.

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Announcements

- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.

Upcoming WLS Support Groups:

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with Diana Beaton RDN

December 16, 2021*

January 27, 2022

* one week earlier due to the holidays

1st Thursday of the month at 7:00-8:00 pm with Carmen Diaz-Jusino

January 6, 2022

February 3, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for updated information on our support groups.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Stress can be hard to avoid, so it's important to identify if the stressful situation is in your control or not. If it is, you can change what you do to reduce or avoid stress. If the stressful situation is out of your control, like your workplace or your wife (!), developing better coping strategies may help decrease stress. It's important to identify some "non-food" coping skills, like:


- Get more physical activity; as little as 5 minutes a day can be beneficial
- Get outdoors in nature, even if it's cold out
- Meditate or do breathing exercises; take a few minutes each day to sit quietly. If a sitting meditation is not for you, you can learn to meditate while walking or doing yoga.
- Socializing with friends or family members
- Get a pet
- Keep a Journal: organize and express your thoughts
- Prioritize sleep: 7-8 hours a night
- Create a to-do list; organize your day and stay on track

There isn't a supplement you can take to get rid of stress; it's not that simple. What can be beneficial, is keeping your body functioning properly, through healthy eating, getting enough sleep and rest and regular physical activity or movement. Make a commitment to your health - no matter where you are starting from. Remember, professional help through counseling is also an option.



A Better Way to Better Health Care

Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Banana Bread Overnight Oats

Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk, dairy or dairy-free
- 1/4 cup Greek yogurt, or dairy-free yogurt
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup

Directions:

1. Add all the ingredients into a jar with a lid and give it a stir until it's all combined.
2. Let it soak in the fridge overnight or for 8 hours.
3. Top your overnight oats with your favorite toppings and enjoy!
4. Suggested toppings: 1/2 banana, mashed; 2 T. chopped walnuts, 1/2 t. vanilla extract, 1/2 t. cinnamon, pinch of ground flaxseed.

Banana Bread Overnight Oats recipe from www.downshiftology.com