

Participant Guide

Managing Appetite, Energy, and Well-being after GLP-1 Treatment



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Overview

After stopping GLP-1 medications, you may notice some changes in your body, like how hungry you feel, your energy levels, and how you handle daily activities. This lesson will help you understand what to expect and give you tools for staying on track with your health goals.

We'll explore why appetite changes and how to manage hunger in healthy ways. You'll also learn about the importance of keeping your energy steady through good nutrition, exercise, and sleep. Plus, we'll talk about ways to keep feeling your best mentally and emotionally.

Remember, life after GLP-1 treatment can still be healthy and positive! With the right strategies, you can continue making progress toward your goals. Let's get started on learning how to keep your appetite, energy, and well-being in balance.

Understanding Adjustments Post GLP-1 Treatment

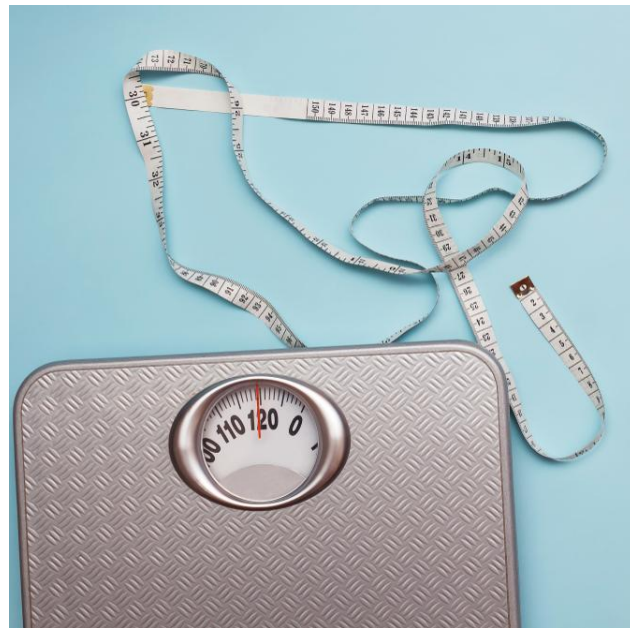
When you finish GLP-1 treatment, your body needs time to adapt. GLP-1 medications helped you feel less hungry, kept your energy steady, and supported weight loss. After stopping, your body will start to adjust without the extra help from the medication. Here's what you need to know about this process:

The Body's Adaptation Process

Your body may feel different once you stop using GLP-1 medication. You might notice that your appetite increases and that you feel hungrier than before. Your metabolism, or how your body burns energy, may also change and become slower. These changes are normal as your body gets used to working without the medication.

Setting Realistic Expectations

It's important to understand that these changes won't mean you've failed or lost progress. You should set realistic expectations about how your appetite and energy levels might change. You may need to work harder to control hunger or maintain energy, but having a plan can help. Making small, healthy changes to your daily habits can make a big difference. Remember, it's okay to ask for support if you need it!



Appetite Awareness

Paying attention to your appetite is an important part of managing your eating habits, especially after GLP-1 treatment. Let's look at how to understand and manage your hunger.

Recognizing Hunger

It's helpful to learn the difference between real hunger and cravings. Real hunger is your body's way of telling you it needs food for energy. This feeling usually builds up slowly over time. You might notice your stomach growling, or you feel tired and low on energy.



On the other hand, cravings are often sudden, strong desires for a specific food, like cookies or chips. Cravings can happen even if you're not truly hungry, and they're often triggered by emotions like stress or boredom.

Real Hunger:

- Your body needs food for energy.
- Builds up slowly over time.
- Signs include a growling stomach or feeling tired and low on energy.

Cravings:

- Sudden, strong desires for a specific food, like cookies or chips.
- Can happen even if you're not actually hungry.
- Often caused by emotions like stress, boredom, or sadness.

Appetite Awareness (continued)

Mindful Eating

Mindful eating means paying close attention to how you eat. Take your time when having a meal. Notice the taste, smell, and texture of your food. Eat slowly so your brain has time to recognize when your stomach is full. This way, you're more likely to stop eating when you feel satisfied, rather than overly full. This simple habit can help you make healthier choices and better manage your appetite.

Healthy Eating Strategies

Eating healthy is important for keeping your body strong and feeling good. Here are some simple strategies to help you make healthy food choices every day.

First, think about having **balanced meals**. This means making sure you have a mix of different types of foods. Include proteins like chicken, beans, or eggs to help your muscles stay strong. Add vegetables, which are full of vitamins and fiber. Whole grains, like brown rice or whole-wheat bread, give you energy that lasts. Don't forget healthy fats, like avocados or nuts, which are good for your brain and heart. Eating a variety of foods keeps you full longer and gives your body the nutrients it needs.

Once you've practiced choosing and creating balanced meals, try to practice **portion control**. It's easy to eat too much when you're hungry or distracted, but paying attention to how much you eat can make a big difference. One simple trick is to use smaller plates so that your servings look bigger. Another way to manage portions is to eat slowly and notice how full you feel. Stop eating when you're satisfied, not when you're stuffed.

Another helpful strategy is **meal planning**. When you plan meals ahead of time, you're more likely to make healthier choices and avoid last-minute fast food. Spend some time each week deciding what you'll eat and prepare what you can in advance.

Managing Your Energy

Managing your energy is important to stay active, focused, and feeling your best. Here are key strategies to keep your energy levels steady throughout the day:

- **Staying Hydrated:**
 - Drinking enough water is one of the simplest ways to maintain your energy. Your body needs water to carry out essential functions, like moving nutrients and oxygen to your cells.
 - If you're not drinking enough water, you can become dehydrated, which often makes you feel tired or even hungry when your body doesn't actually need food.
 - Try to drink at least 8 cups (or around 2 liters) of water each day. You might need more if you're very active or if it's hot outside.
 - Carry a water bottle with you to remind yourself to drink throughout the day.
- **Eating Well:**
 - Eating balanced meals is another key to managing energy. A healthy meal should include proteins, vegetables, whole grains, and healthy fats. Each of these food groups plays a role in giving your body the nutrients it needs to stay energized.
 - Avoid eating too much sugar from foods like candy or soda; while sugary foods give a quick energy boost, they often lead to an energy crash soon after, leaving you more tired than before.
 - Instead of reaching for sugary snacks, choose healthier options like nuts, fruit, or yogurt to keep your energy stable.
- **Getting Enough Sleep:**
 - Sleep is like fuel for your body and mind. If you don't get enough rest, you're likely to feel sluggish and have trouble concentrating.
 - Try to stick to a regular sleep schedule by going to bed and waking up at the same time every day, even on weekends. This helps regulate your body's internal clock.
 - Create a calming bedtime routine, like reading a book or listening to soft music, to signal to your body that it's time to wind down.

Emotional Well-being and Coping Skills



Managing your emotions in healthy ways is important, especially for staying on track with your goals. Emotions like stress, sadness, or boredom can sometimes make you want to eat, even when you're not actually hungry. This is called emotional eating, and it can lead to unhealthy habits. Understanding your emotions and learning how to handle them can help you feel better and stay in control.

Dealing with Emotions:

Everyone experiences emotions like stress or sadness, but recognizing how these feelings affect your actions is the first step. Some people eat to feel better when they're upset, even though food doesn't solve the problem.

Pay attention to your emotions and try to identify what triggers your desire to eat when you're not really hungry. Is it boredom? Loneliness? Understanding these triggers helps you find better ways to deal with your feelings

Healthy Coping Strategies:

- Once you know your emotional triggers, you can start working on healthier ways to cope. Relaxation techniques can be very helpful. For example, deep breathing can calm your body and mind. You might also try meditation to clear your thoughts and find peace.
- Another useful strategy is to express your feelings. This could mean talking to a friend, family member, or writing in a journal. Sometimes, getting your emotions out in the open can make them feel less overwhelming.
- Engaging in activities you enjoy, like drawing, playing sports, or listening to music, can also lift your mood and help you cope with stress in a positive way

Emotional Well-being and Coping Skills (continued)

Seeking Support:

- Remember, it's okay to ask for help if you need it. Talking to friends or family can be comforting, but if you're feeling really overwhelmed, you might want to talk to a school counselor or therapist. They can give you guidance and teach you more coping skills.
- Surrounding yourself with supportive people makes a big difference. Knowing you have people who care about you can help you feel more secure and less likely to turn to unhealthy habits.

Managing your emotional well-being takes practice, but developing these skills can make a big difference in your overall health and happiness.

Weight Maintenance

You've successfully reached your goal weight and your doctor has discontinued your GLP-1 agonist treatment. What's next?

Now is the time to piece all you've learned together to guide you in maintaining a healthy weight. Here are some strategies to keep your weight steady and your body healthy:

1. Eat a Balanced Diet

- Make sure your meals include a good mix of foods, like vegetables, fruits, lean proteins, whole grains, and healthy fats.
- Eating a variety of foods gives your body the nutrients it needs and helps you feel full and energized.

2. Watch Your Portion Sizes

- Be careful not to eat too much at once. Using smaller plates can help you eat less without even noticing.
- Try to pay attention to your body's signals. Eat when you're hungry and stop when you're satisfied, not stuffed.

Weight Maintenance (continued...)

3. Stay Active

Exercise regularly, aiming for at least 30 minutes most days. Choose activities you enjoy, such as playing sports, walking the dog, riding your bike, or dancing.

Mix it up! Try different types of exercise, such as cardio to get your heart pumping and strength exercises to keep your muscles strong.

4. Drink Plenty of Water

Staying hydrated is important for your body and can help prevent you from feeling hungry when you're actually just thirsty.

Keep a water bottle with you throughout the day as a reminder to drink water.

5. Practice Mindful Eating

Pay attention when you eat. Turn off the TV, put down your phone, and focus on your meal. This helps you listen to your body and avoid overeating.

Take your time while eating. Savor each bite and enjoy the flavors.

6. Plan Your Meals and Snacks

Preparing meals in advance can help you make healthier choices. When healthy meals and snacks are ready, you're less likely to reach for junk food. Keep nutritious snacks, such as fruit, yogurt, or nuts, nearby so you have good options when you're hungry.

7. Get Enough Sleep

Aim for 7 to 9 hours of sleep each night. Sleep helps your body recover and keeps your energy levels steady.

When you don't get enough rest, you might feel hungrier and be more likely to overeat.

8. Manage Stress

Stress can sometimes make you want to eat more. Find healthy ways to cope, like going for a walk, practicing deep breathing, or talking to a friend.

Remember, keeping your mind healthy is just as important as keeping your body healthy.

By following these strategies, you can maintain a healthy weight and keep your body strong. It's all about balance and making healthy choices most of the time.

Reggie's Story

Reggie had always struggled with his weight. He tried different diets and workout plans, but nothing seemed to stick. Then his doctor suggested GLP-1 agonist treatment. At first, Reggie was unsure, but after learning more, he decided to give it a try. Over time, with the help of the medication, he learned to manage his appetite better, felt more energetic, and eventually reached his goal weight.

However, Reggie knew the real challenge was maintaining his progress after stopping the treatment. He made a promise to himself to stay on track. The first thing he did was focus on his eating habits. Reggie learned to recognize when he was truly hungry versus when he just wanted a snack out of boredom. He practiced mindful eating, enjoying each bite slowly and paying attention to his body's signals.



To keep his energy levels steady, Reggie stayed hydrated and made sure to eat balanced meals filled with lean proteins, vegetables, and healthy fats. He also made sleep a priority, getting a full eight hours each night, which helped him feel refreshed and ready to take on the day.

Sometimes, stress would tempt Reggie to fall back into old habits. When this happened, he used relaxation techniques like deep breathing and took walks in the park to clear his mind. Reggie also leaned on friends for support and shared his struggles and successes with them. Through hard work and determination, Reggie kept his well-being in check and felt proud of the healthy lifestyle he'd built.

Now, let's discuss...

What strategies did Reggie use to manage his appetite and energy after stopping GLP-1 treatment? Which of these strategies do you think would be the most helpful or difficult for you to use, and why?

Reggie's Story (continued...)

Reggie faced temptations to fall back into old habits when he felt stressed. What are some other healthy ways people can cope with stress, and how can these strategies help maintain well-being?

Reggie relied on support from his friends and used relaxation techniques to stay on track. Why do you think having a support system is important for maintaining healthy habits, and how can you create your own support network?

Summary

Managing your appetite, energy, and well-being after GLP-1 treatment is important for long-term success. By understanding your hunger signals, practicing mindful eating, and keeping your energy levels steady, you can build healthy habits that last. Don't forget to take care of your emotional health and use positive coping strategies. Remember, it's okay to ask for support from friends, family, or professionals. Staying committed and flexible will help you stay on track and feel your best.



Keep Moving

For overall balance, rest is more important than you might think. Strive to stay active with 30 minutes of moderate exercise most days, like walking or biking. Add strength training twice a week, and remember to rest when needed to keep your energy balanced.

Summary

Activities

- Hunger vs. Cravings Journal: Keep a journal for a week to track when you feel hungry and when you experience cravings. Write down what triggered each feeling and how you responded.
- Plan a Balanced Meal: Using what you've learned about balanced nutrition, create a meal plan for a day that includes proteins, vegetables, whole grains, and healthy fats.
- Mindful Eating Practice: Try a mindful eating exercise at your next meal. Take small bites, chew slowly, and notice the flavors and textures. How did this affect how much you ate and how satisfied you felt?
- **Goal Setting:** Set one goal associated with this session. Example: "I will try a new form of physical activity this week."

Discussion/Questions

- Reflect on Your Hunger Cues: Can you describe a time when you felt true hunger versus a craving? How did your body feel, and what did you do in response?
- Energy Management Check: What are three things you can do daily to maintain your energy, and how will you track your progress in these areas?

"It's not about being the best. It's about being better than you were yesterday"

— Unknown

Real Hunger vs Cravings

Sometimes it's hard to tell if you're really hungry or if you're just having a craving. Let's break down the difference so you can make healthier choices!

What is Real Hunger?

- **Body's Signal for Fuel:** Real hunger is when your body needs food for energy.
- **Signs of Real Hunger:**
 - Stomach growling or feeling empty
 - Feeling tired or low on energy
 - Hunger builds up slowly over time
- **What to Do:** Eat a balanced meal with healthy foods like fruits, vegetables, proteins, and whole grains to give your body energy.

What are Cravings?

- **Desire for Specific Foods:** Cravings are strong, sudden wants for a certain food, like chocolate, chips, or pizza.
- **Signs of Cravings:**
 - Come on quickly, even if you've just eaten
 - Usually for junk food or sweets
 - Often caused by feelings like stress, boredom, or sadness
- **What to Do:** Distract yourself with a walk, drink water, or do something fun. Cravings often go away in a little while.

How to Tell the Difference

1. **Ask Yourself:** "Did my hunger build up slowly, or did it come on fast?"
2. **Think About Time:** "When was the last time I ate? If it's been a few hours, I might be truly hungry."
3. **Rate Your Hunger:** On a scale from 1 to 10, how hungry are you? If it's low but you still want food, it might be a craving.

Remember, it's okay to enjoy your favorite foods sometimes, but understanding real hunger and cravings can help you make healthier choices!

Balanced Meals

Eating a balanced meal means having a good mix of different types of food that keep your body strong and energized. Here are some easy examples of balanced meals to try!

Breakfast Ideas

1. **Oatmeal with Fruit**
 - Oatmeal topped with sliced bananas and a handful of nuts
 - A glass of milk or a dairy-free milk alternative
2. **Scrambled Eggs and Toast**
 - Scrambled eggs with chopped spinach or peppers
 - Whole-grain toast with a little butter or avocado
 - A small orange or some grapes

Lunch Ideas

1. **Turkey Sandwich**
 - Whole-grain bread with turkey slices, lettuce, tomato, and a slice of cheese
 - Carrot sticks or a small side salad
 - A piece of fruit, like an apple
2. **Chicken and Veggie Wrap**
 - Whole-wheat tortilla with grilled chicken, lettuce, shredded carrots, and a light dressing
 - A small serving of mixed berries or an apple

Dinner Ideas

1. **Grilled Chicken, Rice, and Veggies**
 - Grilled or baked chicken breast
 - Brown rice or quinoa
 - Steamed broccoli, carrots, or any favorite veggies
2. **Salmon with Sweet Potatoes**
 - Baked or grilled salmon
 - Roasted sweet potatoes
 - A side salad with leafy greens and a simple dressing

Snack Ideas

- **Yogurt with Berries:** Low-fat yogurt with strawberries or blueberries
- **Veggies and Hummus:** Carrot sticks, bell peppers, or cucumber slices dipped in hummus
- **Trail Mix:** A small handful of nuts and dried fruit (without too much added sugar)¹⁴

Balanced Meals (continued)

Snack Ideas

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Remember: Balanced meals include proteins (like eggs or chicken), vegetables, whole grains (like brown rice or whole-wheat bread), and healthy fats (like nuts or avocado). Eating a mix of these foods helps you stay full and energized throughout the day!



Healthy Coping Strategies

We all face tough times and feelings, like stress, sadness, or boredom. It's important to have healthy ways to cope when life gets hard. Here are some strategies you can use to feel better and take care of your emotional well-being.

1. Take Deep Breaths

- Try this: Breathe in slowly through your nose for 4 seconds, hold for 4 seconds, and breathe out through your mouth for 4 seconds. Repeat a few times to feel calmer.

2. Exercise

- Moving your body can help you feel less stressed and boost your mood.
- Go for a walk, ride your bike, play a sport, or dance to your favorite music.

3. Talk to Someone

- Sometimes, sharing your feelings can make things seem less overwhelming.
- Talk to a family member, friend, or even a school counselor if you need support.

4. Write in a Journal

- Writing down your thoughts can help you sort through your feelings.
- Try writing about what made you feel upset and what you can do to feel better.

5. Practice Mindfulness or Meditation

- Focus on the present moment instead of worrying about the past or future.
- You can sit quietly, close your eyes, and pay attention to your breathing for a few minutes.

6. Do Something You Enjoy

- Take a break and do something fun to lift your spirits.
- You could read a book, draw, play a game, or listen to your favorite songs.

Healthy Coping Strategies (continued)

7. Use Positive Self-Talk

- Be kind to yourself! Instead of saying, "I can't do this," try saying, "I will do my best."
- Remind yourself of your strengths and things you're proud of.

8. Create a Relaxing Space

- Find a spot where you feel safe and comfortable, and use it when you need to calm down.
- You could include cozy blankets, soft lighting, or relaxing music.

Remember, it's okay to feel sad or stressed sometimes. What matters is how you handle those feelings. Try these healthy coping strategies to take care of yourself and feel better!

