

Pudsey Members Newsletter

October 08

One of the items on my to do list is organising the LadyZone Christmas do, so it must be just around the corner...! There's a definite chill in the air and I can appreciate that when the weather is so much colder and it's dark earlier, it's very tempting to hibernate at home and not venture out to the gym. However I'm going to encourage you to fight that urge. I guarantee you'll never regret paying us a visit—but you may well regret not doing it!



Take care

Karen

LET'S GET EMOTIONAL AGAIN



One of the most critical ways to stop overeating for emotional reasons is to change the way you think and how you interpret events in your life. What you think determines how you feel. So if you want to change your feelings about something – and the negative behaviour that results – then you must change and reshape the thought patterns that are making you sad, anxious, lonely or depressed.

Many of our thought patterns are shaped through individual filters. These filters – our personalities, attitudes, points of view and beliefs are internal screening devices that affect

how we see the world and react to it. Largely a product of our past experiences, our filters powerfully influence the interpretation we give to the events in our lives. Those interpretations in turn determine how we will respond to life. The story of David and Goliath is a good example. When the Israelite soldiers first set eyes on Goliath, their reaction was: "He is so big that we can never slay him." When David saw Goliath, he said to himself, "He is so big that I can't miss him." Two completely different reactions to the same stress situation because of two very different perceptions.

You probably know people who, when confronted with emotional situations or stress, are prone to panic or fall to pieces. Life just seems to drive them round the bend. By contrast, you probably know other people like David, who actually seem to thrive on stress and do their best work under pressure. Two massively different reactions can occur to the same situation. Why? Because one person runs the stress through a filter that causes it to be perceived as overwhelming and impossible to handle, while the other person's filter says, "This is a problem I can turn into an opportunity."

When you consider the relevance of this observation to you managing your own emotions, you begin to see that your interpretation of the event, not so much the event itself, is the real trouble maker that gets

When you consider the relevance of this observation to you managing your own emotions, you begin to see that your interpretation of the event, not so much the event itself, is the real trouble maker that gets you all worked up. You will always be challenged by stressful situations in your life. You've got a flat tyre, the boss is an idiot, money is tight, your partner lets you down. Yes, these things are bad but it is your interpretation of and reaction to them that create the emotional pain. Worse yet, avoiding these emotions instead of dealing with them constructively with them becomes much more damaging to body and health.

There is another type of filter that creates more trouble and stress than you can imagine. This filter is the filter of denial. You might, for example, think that your weight problem is just cosmetic. Yes, being heavy affects your appearance, but you might not want to admit that it puts you at risk for premature death from heart disease, stroke, cancer etc. Denial is a dangerous filter because it suppresses the truth about yourself. Living in denial, you can be like a pressure cooker that's not allowed to vent its steam. All the pressure builds up inside you until the lid blows off.

As information flows through your filters, it takes the form of words. It becomes a dialogue, a conversation you have with yourself and it often contains errors in thinking that can lead to emotional problems unless these errors are dragged into the open and challenged.

If you have repeatedly assigned the same meaning to certain events, then your thoughts, your interpretations of those events, are predictably going to be the same every time. Those thoughts will become habitual and automatic, to the point that you're not even aware of them. You've programmed and conditioned yourself to think and behave the same way whenever certain situations arise.

For example, suppose someone in your family criticises you. Without you ever really being aware of them, automatic thoughts like "They never approve of me" or "they just won't accept me as I am" start racing through your mind. In response, you feel hurt and before you know it, you're spooning ice cream into your mouth. You probably didn't know what you were thinking when you got criticised but the next thing you knew, you were binging. Why? Feeling hurt was preceded by negative, lightning-speed thoughts you have always had, thoughts you internalised long ago when you were criticised by your family. These thoughts are so ingrained and happening so fast that you are not consciously aware of how they affect your behaviour. Your behaviour is being controlled by an internal negative response that you can't even recognise.

The big question is, what can I do about it? The good news is that these thoughts, like your real time self-talk can be controlled, challenged and changed. By changing the way you think, you can change the way you feel and act. But you'll have to wait for the next newsletter to find out how!

MEMBERS EVENING

Please be aware that due to a conflict of dates (Pudsey Xmas lights), we have moved the Members Evening to **Friday 21st November**. Sorry for any confusion.

In addition to Kay Baxter, Consultant Dermatologist as a speaker, giving expert advice on all aspects of skincare and demonstrating the latest technology in 3D mole scanning, we will also be having a session by Complementary Therapist, Alison Brophy. She will be demonstrating how to perform Indian Head Massage on ourselves and talking about stress-busting. Should be very interesting!

by complementary therapist, Alison Brophy. She will be demonstrating how to perform Indian Head Massage on ourselves and talking about stress-busting. Should be very interesting!

In addition, we'll also have the usual food, wine, pamper sessions, etc. All this is completely FREE! It's a thank you for being a LadyZone member. But places are limited. Booking details to follow.

SEPTEMBER AWARDS



LadyZone is pleased to announce the September Award winners.

Best Review Results— Goes to **ANN HEWITT**. She has lost 9lbs, 3.2% body fat and 17cm in just 6 weeks. In addition she also gets the **Motivator of the Month Award** for dragging all her colleagues from Crawshaw School along to the gym with her!

Best Monthly Attendance – The winner this month is **PAT CORSON**, who attended an amazing 28 times. Very impressive commitment.

Best Comedy Double Act—We had this award category in the very first Pudsey newsletter. But we have new contenders for the title. The winners are **SHARON WESTERMAN** and **MICHELLE BOYES**. We hope to see you more often just for the entertainment value if nothing else!

Prizes to be collected next time in the gym.

LADYZONE CHRISTMAS PARTY

In order to book a suitable venue, we'd be really grateful if we could get an idea of how many people would be up for having a LadyZone celebration with meal and disco. Partners and friends are naturally welcome. Suggestions for venues would also be gratefully received.

Naturally we're optimistic that we'll have a great response and venues are getting booked up so if you could let us know as soon as possible whether you're interested, we'd appreciate it.

Best wishes as always

Karen



