

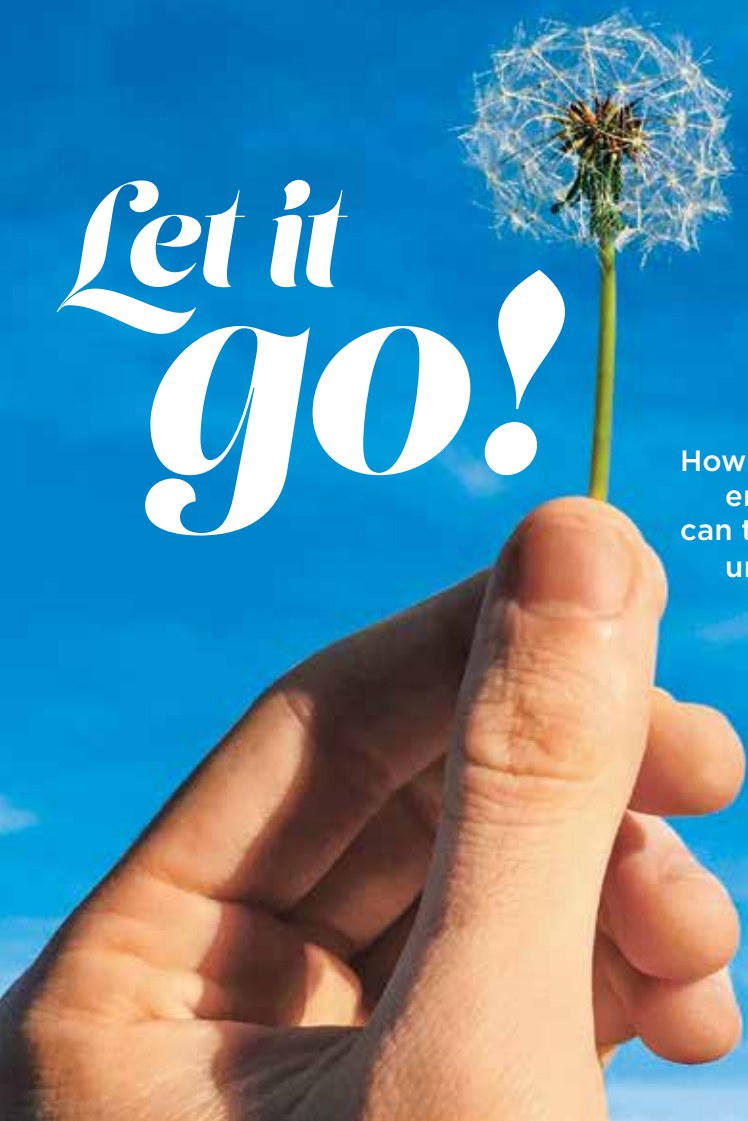
weightwatchers
weekly

MAY 1-7, 2016

Try our easy
technique

*Let it
go!*

How to handle
emotions that
can trigger the
urge to eat [page 4](#)



THRIVE

Tips, inspiration
& food for thought!

MOTTO I KEEP IN MIND



Laura,
Leader in
New York

“Eat to fill
your stomach,
not your
heart.”



PERCENT OF
AMERICANS
WHO SAY THEY
ATE BECAUSE
OF STRESS IN
THE LAST MONTH

[American Psychological
Association 2013
“Stress in America” survey
of 1,950 adults.]

LAST WEEK LOOK-BACK : If you spent time outdoors, how did you feel? If not, how did *that* feel?

May 8 is
Mother's Day
3 ways to pamper mom (or yourself!)

- 1 A trip to a garden center.** The scents, colors—and the oxygen—will delight your senses. Buy a flowering plant to take the pleasure home.
- 2 Head and shoulders massage.** Find a certified massage therapist at nbtmb.org
- 3 Sports headphones** that stay put during workouts.

FOOD FOR THOUGHT

Tired and hungry
are two different feelings
with two different solutions.

#emotionaleater
#creatingchange

—POSTED BY CHEERIOSLOVER
ON CONNECT ON THE MOBILE APP*

How do you
#FeelNotFeed
your emotions?
Share on
Connect on the
mobile app*

Cover photo by Stocksy

Recipe © Weight Watchers International, Inc.
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From Weight
Watchers Year-
Round Fresh
cookbook*

[SPECIAL DESSERT]

LEMON ANGEL FOOD CAKE WITH STRAWBERRY- BALSAMIC COMPOTE

Lovely and luscious—and perfect for Mother's Day.

4 SmartPoints™ VALUE PER SERVING // PREP 30 MIN //
BAKE 25 MIN // COOL 1½ HR // SERVES 16

CAKE

- 1 cup sugar
- 2 tsp grated lemon zest
- 12 large egg whites, at room temperature
- ¼ tsp salt
- 1 Tbsp lemon juice
- 1 tsp vanilla extract
- ¾ tsp cream of tartar
- 1 cup cake flour

COMPOTE

- 1½ lb fresh strawberries, hulled and quartered
- 1 Tbsp sugar
- 1 Tbsp balsamic glaze

To make cake: Preheat oven to 350°F. • Stir together sugar and lemon zest in small bowl. With electric mixer on medium speed, beat

egg whites and salt in large bowl until foamy. Beat in lemon juice and vanilla. Add cream of tartar; beat until soft peaks form. Add sugar mixture a few tablespoons at a time to egg white mixture, beating until stiff peaks form. (Scrape lemon zest off beaters before adding flour.) • Fold in flour with rubber spatula ¼ cup at a time. (Don't overmix.) • Pour batter into ungreased 10-inch tube pan, spreading evenly. Bake until cake springs back when pressed, 20–25 minutes. Invert pan; let cool completely. • Run thin knife around edge of cake to loosen it from pan. Remove cake from pan onto serving plate. • To make compote: Combine ½ pound of the strawberries and sugar in large bowl; coarsely crush with large spoon or potato masher. Stir in remaining strawberries and balsamic glaze. • Cut cake into 16 slices; place on plates. Spoon compote over each slice. Yields 1 slice per serving.

Let it go!

If emotions trigger the urge to eat, try this simple technique instead.

EMOTIONS RANGE from mundane (boredom) to powerful (grief, anger)—with others in between (frustration, anxiety). It's natural to want to soothe them away, but asking food to do the job won't work. It's simply not qualified.

Instead of getting swept up in emotions—or pushing them away—try this technique to help you step back, observe, and let feelings pass. This can make it easier to disconnect your emotions from an urge to eat, so that you can find a non-food fix (*ideas, opposite*).

1 SIT COMFORTABLY, feet on the floor and back straight but not rigid. Let your gaze fall onto a spot that won't distract you, or gently close your eyes.

2 SETTLE YOURSELF AND FOCUS on your breath moving in and out of your body.

3 IMAGINE A BLUE SKY WITH FLUFFY CLOUDS lightly drifting across it. As you notice thoughts, images, feelings, impulses, and sensations, imagine that each of them is a cloud passing in front of you.

4 MENTALLY STEP BACK to observe each cloud, giving it a label. Maybe it's "a thought about work", "a feeling of sadness", "a feeling of frustration", "an urge to eat", and so on. You're not trying to change or stop the clouds, just watching, describing, and letting feelings and thoughts pass by.

5 CONTINUE TO DO THIS for two minutes. Now gently bring your attention back to your breath, slowly inhaling and exhaling three times. Then come back to the present. Practice this often and it will come naturally.

All illustrations by iStock



Doubt
Frustration

Boredom
Envy

Irritation
Anger
Sadness
Fear
Jealousy

Anxiety
Stress



WHAT I'M FEELING

NON-FOOD FIXES

Use the cloud technique to separate emotions from the urge to eat; then try these strategies to ease your feelings.

- Listen to music
 - Go for a walk
 - Do some stretching
 - Call a supportive friend or relative
 - Play with an animal
 - Do a crossword puzzle, word find, or Sudoku
 - Garden or work in the yard
 - Paint, scrapbook, draw, or do another craft
 - Other actions I can try:
-
-

MOVE

Before starting any activity routine, please consult with your physician.



Feel good inside and out

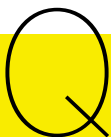
- 1 Trade slumpy T-shirts and baggy sweats for sleeker, supportive workout wear.** The fit helps you move more easily, the fabrics wick away moisture, and the design just helps you feel better.
- 2 Use a cooling towel** to wipe away sweat and relieve fatigue.
- 3 Drink plenty of water** (our 24-fl oz Take-Along Tumbler* keeps you inspired and hydrated!).



[MEMBERTIP]

“I have found that walking alone is good for my soul. It allows me to listen to music or e-books, get lost in my thoughts, or enjoy the scenery.”

—PATTY,
SAN ANTONIO, TX



[ASK AN EXPERT]

What's the best exercise for beating stress?

A Just get moving—it all helps! Cardio exercise is especially good because it gets your heart pumping and is thought to trigger mood-enhancing endorphins in your brain.

—MELISSA MORAN, PERSONAL TRAINER, WELLO.COM

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Here's the smarter choice



8
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value

Skinny Cow®
Double Caramel Swirl
Ice Cream Bar
2.65 fl. oz.



4
SmartPoints
value

**weight
watchers**
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Ice Cream Bar
2.25 fl. oz.



weightwatchers

WITH HALF THE SMARTPOINTS™ VALUE OF SKINNY COW® DOUBLE CARAMEL SWIRL ICE CREAM BARS, WEIGHT WATCHERS® SALTED CARAMEL ICE CREAM BARS ARE THE PERFECT WAY TO TREAT YOURSELF.

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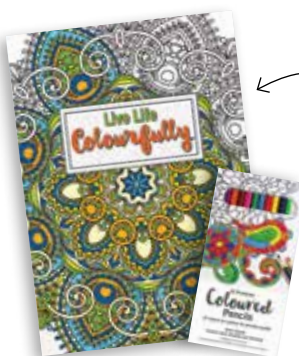
Photo by iStock (water)

[THIS WEEK]

Ready, set, go!



1 If emotions trigger the urge to eat, get more help in **“Weekly Extra”** in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra



2 **Express your creative side** (instead of turning to food) with our Live Life Colourfully coloring book and Coloured Pencil Set. Available in participating meeting locations.

3 Write down when you feel like eating because of emotion for this week’s **skillbuilder**. If you can, use the cloud technique to help it pass, and then try a non-food fix for the emotion.

NOTES FOR MY WEEK



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While supplies last. 20160501