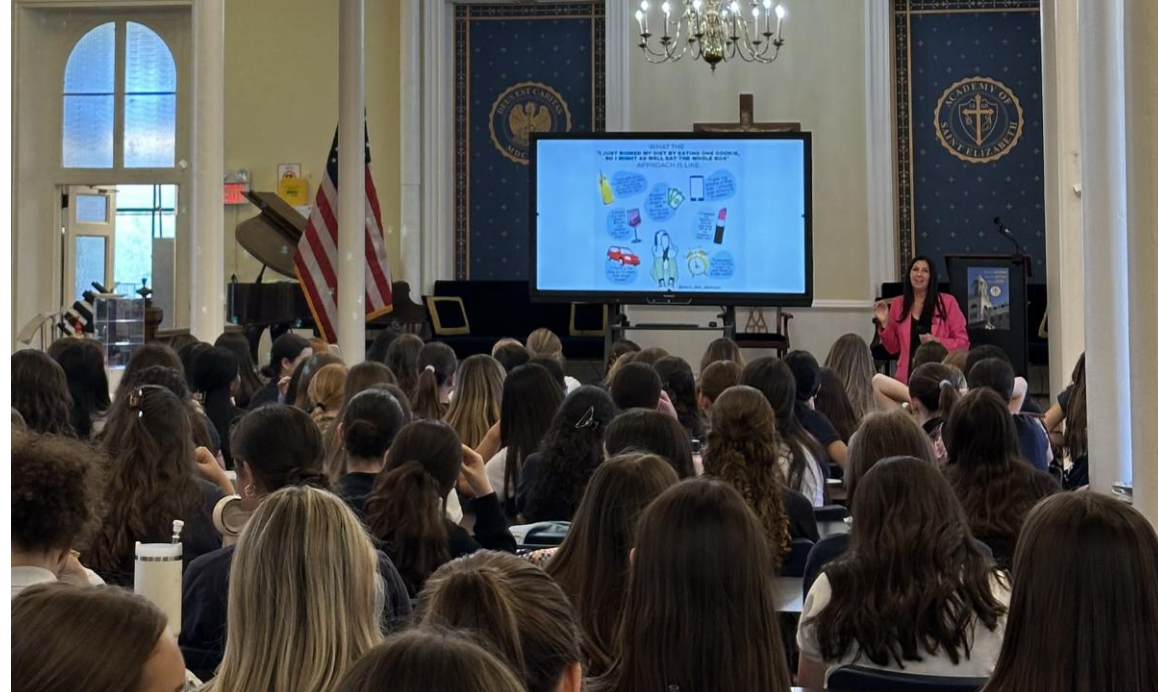


SCHOOLS, MASTER FOOD + MOOD

Elevate Eating + Emotional Well-Being

Transforming Student Wellness: Overcoming Obstacles with Innovative Approaches to Food, Body Image, and Nutrition

**Lauren Dorman, Mental
Health School Registered
Dietitian**



"On my very first appointment, I really did not want to recover because the ed voices were telling me so. Somehow, you were able to help me get back something I thought i'd never have back again. Its been 8 long months and I am finally happy with myself. Since my ed first started, I never felt so supported and understood from anyone other than you, which I genuinely appreciate so much. I had no hope in recovering, but here I am now! Eating without a worry in the world because life is too short. Thank you so much Lauren."



Questions to think about...

What did these images make you think about?

How did these images make you feel?

What actions or inactions would occur from seeing these images over and over again?



*“It is not just heard,
it’s a felt experience.”*





Master Your Nutrition, Health, and Wellness with the NINE TO NOURISHED RECIPE ROADMAP

9 CORE INGREDIENTS

Ingredient #1: VISION
The outcome what you believe, and what you think or what you want.

Ingredient #2: BELIEFS
The outcome what you believe, and what you think or what you want.

Ingredient #3: SELF LOVE (The Secret Sauce)
The most difficult problem by using the same kind of thinking as most?

Ingredient #4: THINKING
The most difficult problem by using the same kind of thinking as most?

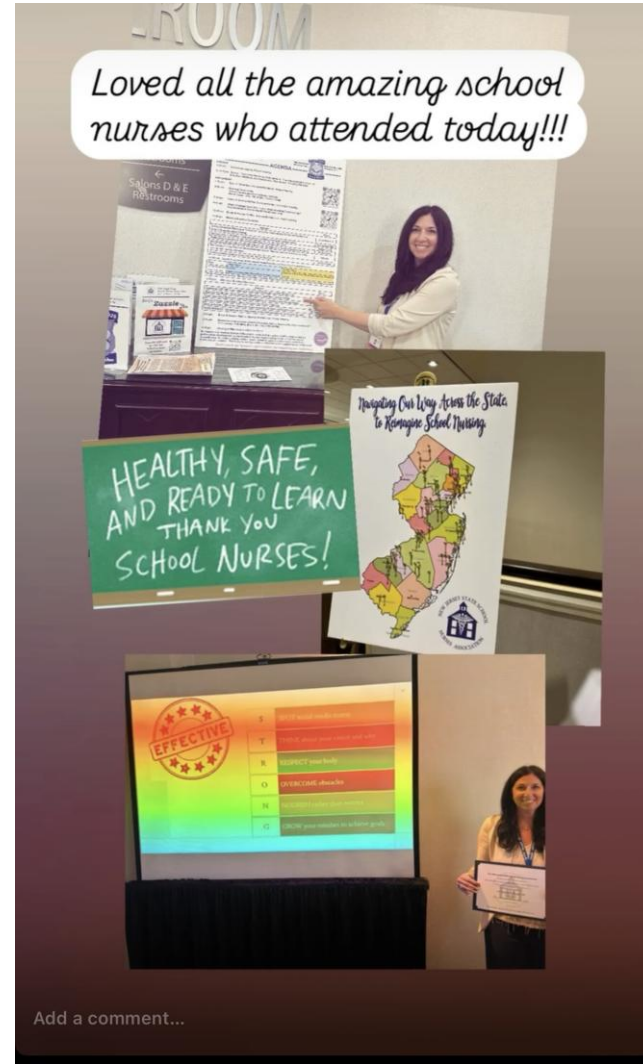
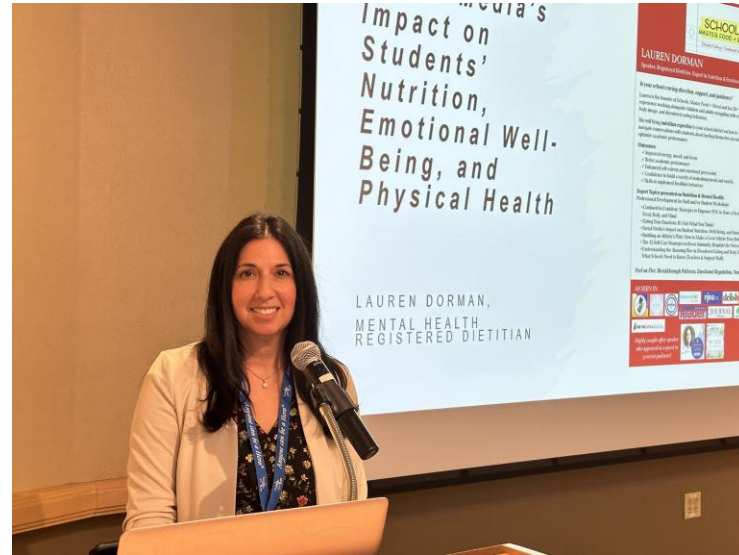
Ingredient #5: COPING (with Emotions)
As humans, we need and often use coping mechanisms to survive, some of which are healthier than others. If you're reading this, you're likely thinking about the common childhood coping strategies that you may have used for the past several decades. They may have worked for a while or even helped you cope, but as you grow older, you may find that these coping mechanisms are no longer effective. In fact, they may be causing you more harm than good. It's time to re-evaluate your coping mechanisms and find healthier ways to cope with stress and emotions.

Ingredient #9: Expectation
Expectations in the rest of the Nutrition, Health, Wellness, and Movement.


Ingredient #8: MOVEMENT
Being professionals, health coaches, and nutritionists who self-identify.

Ingredient #7: NOURISHMENT
Being professionals, health coaches, and nutritionists who self-identify.

Ingredient #6: REGULATING
The mind regulates in a central control of the body, allowing you to...



All Bodies. All Foods.

with

Lauren Dorman Ashley Young
RD RD
MHSU MHSU
MHSU MHSU

All Bodies. All Foods.
The Renfrew Center

[▶ Resume](#)

Feb 15: 39. "What's Happening in Health Class?": Preventing Eating Disorders in the School Setting with Lauren Dorman, RD: Did you know that some stu... [MORE](#)

★ 4.8 (43) · Nutrition · Updated Semiweekly

Played [▼](#) See All

FEB 15

39. "What's Happening in Health Class?": Preventing Eating Disorders in the School Setting with Lauren Dorman, RD

Did you know that some students have cited their Health...

[▶ 34m](#)

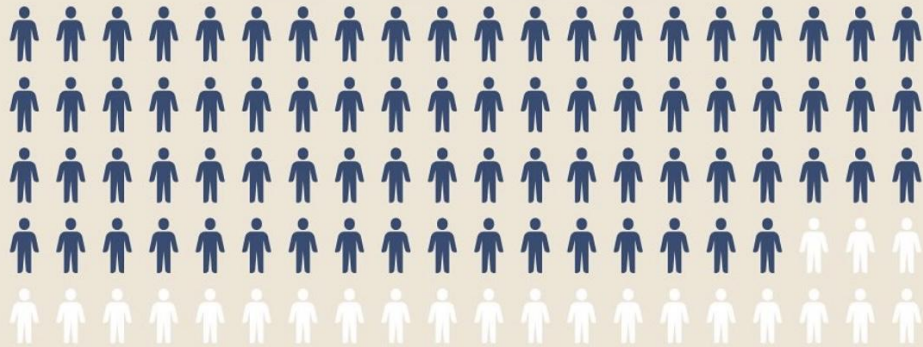
Nutrition Trends Think Again!

Truths Over Trends!
Self-Love
A Healthy and Strong
relationship with Food
and Body
Nourishing our minds and
bodies throughout the day
Intention setting



I enjoyed presenting to these awesome Middle School Girls this morning!

77%



of adolescents don't feel comfortable in their own skin.

Milton et al., 2021

“We make body image issues worse for 1 in 3 teen girls.”

Facebook executives have been well aware of the damage *Instagram* is doing to teen girls body image and mental health.



- 81 percent of 10 year olds are afraid of being fat
- 40-60% of girls age 6-12 concerned about weight or gaining weight
- 42% of 6-7 year old girls want to be thinner



negative impacts of diet culture



steals
joy



wastes
time



wastes
money



harms
health



normalizes
disordered
eating



controls
thoughts



shifts exercise
to be
punishment



destroys
relationship
with food

We used to have magazines and media

- **Only 1.8% of women in the world can look like this.**
- We are conditioned to prefer this body type and not like the way we look.
- We can shift their narrative to body diversity and challenge the sociocultural ideals of bodies, fad diets, and fad fitness
- Understand functional and enjoyable health behaviors
- Recognize the value in ALL bodies vs. the thin ideal



Disordered Eating Behaviors

Skipping meals

Counting calories

Restriction

Purging

Diet pills/programs

Eliminating food groups

Bingeing

The more it goes unnoticed and untreated the more the behaviors flourish in the dark.. many are hidden in plain sight





Recognize these signs and behavior changes

- Weight loss
- Fatigue
- Irritability and mood swings
- Depression
- Anxiety
- Difficulty concentrating
- Dizziness or fainting
- Missed periods
- Stomach cramps and GI symptoms-nausea or constipation
- Poor sleep



dont_diet_dietitian_

...

Toothache?



Dentist

Foot Pain?



Podiatrist

Haircut?



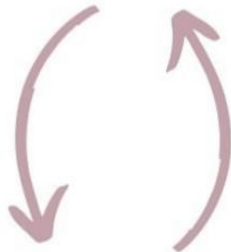
Hair salon

Annual eye visit?



Ophthalmologist

Inspired to "get healthy" and a desire to lose weight



Try weight watchers, Jenny Craig, Keto, whole30, intermittent fasting, instagram advice, google advice, recommendations from family and friends

@dont_diet_dietitian_

pro tip: if nutrition messaging is *not* stressing you out, or feels too simple, it's likely nutritionally accurate.



We are taught **how to diet**, *not how to eat*

Nutrition is a science.

Eating is a behavior.

Behaviors are thoughts and feelings being acted out.

There is an emotional component to ALL our eating decisions.

THIS IS WHAT DIET CULTURE

tells us "health" is ...



Obsessing over what you eat (& don't eat)



Manipulating your body into a smaller size



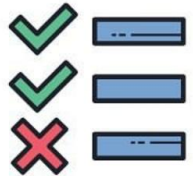
Using exercise as a punishment



Counting calories - "less is best"



Restricting carbs and sugar at all cost



Don't trust your body - follow the diet rules instead

NOTE: THIS IS NOT HEALTH

Just like other drugs, diets should come with a list of side effects:

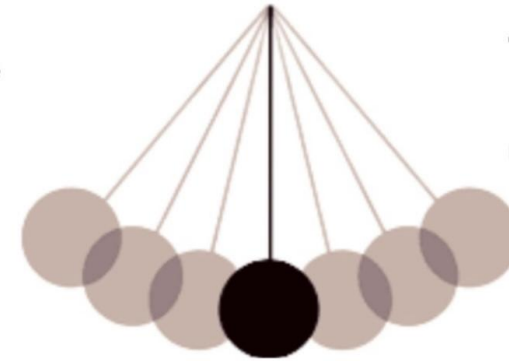
- 👉 Disordered eating
- 👉 Body dissatisfaction
- 👉 Food obsession & cravings
- 👉 Binge eating
- 👉 Slowed metabolism
- 👉 Weight cycling & weight regain
- 👉 Loss of period
- 👉 Poor quality of life
- 👉 Stress & anxiety

Restrict/Binge Cycle

Restrict

Intentional:
"I'll make up for the last binge"

Unintentional:
"Oops, I forgot to eat again!"



Binge

"Ugh, I blew it today!
I feel so guilty & out of control around food..."

I might as well eat all the things!
I'll start again tomorrow..."

"Guilt-free" zone

"I eat adequately & I eat what I want *without guilt, for the most part!*"



I can get you here!

This all creates a difficult relationship with food and body...

The Schools Role

“Schools are uniquely positioned to play a part in this increasingly significant health issue that has the second highest mortality rate of any mental health disorder and will affect over 30 million people in their lifetime in the US alone.”

Chevese Turner,
NEDA's Chief Strategy & Policy Officer.





Name: _____
Date: _____

SCHOOLS,
MASTER FOOD + MOOD
Elevate Eating + Emotional Well-Being



Nourished & Strong Roadmap



You're entering the Strong Student Shift Experience, where you'll learn how to take charge as the CEO of your brain and body. Get ready to design your own Nourished and Strong Roadmap to boost your energy, focus, strength, confidence, and mood.

SEE your future self

These four powerful vision questions will get you started and keep your momentum going throughout the change process.

1. Three months from now, what would you love for your health and well-being?
2. Why is this important for you to achieve?

S

T

THINK about truths versus trends

Diet & Wellness Culture	Strong, Nourished, & Energized
X _____	✓ _____
X _____	✓ _____
X _____	✓ _____

3. What impact would this change have on your life?
4. How will you know you achieved it?

RESPECT your body

1. What has my body helped me do today?
2. What do I appreciate about my body?
3. What is one thing I can do each day to thank my body?

Reframe your critical, unkind mind to accept, appreciate, and respect.

X _____	✓ _____
X _____	✓ _____
X _____	✓ _____

R

Lauren Dorman, MS RD.
Mental Health Registered Dietitian

SchoolDietitian@gmail.com | (732) 766-2616 | @dont_diet_dietitian

OVERCOME Obstacles

Using DOSTG, choose 3 simple ways to spark your feel-good hormones and power up your motivation, momentum, and mood.

- 1.
- 2.
- 3.

O

N

NOURISH rather than restrict

Side Effects if I don't eat regularly throughout the day:

My favorite snack plates are:

- 1.
- 2.

GROW your mindset to achieve goals

What you repeat, you become.

G

Fixed mindset Growth mindset

X _____	✓ _____
X _____	✓ _____
X _____	✓ _____

What are the benefits of power snack plates?

How do I feel and perform after nourishing my body?

CONGRATS! YOU DID IT!

Now, what's one micro-habit you want to focus on that inspires you to take action?

You will begin to notice these outcomes:

Focus • Energy • Productivity • Calmer Mood • Gratitude • Body Respect
New Helpful Thoughts • Better Relationships • Overall Confidence

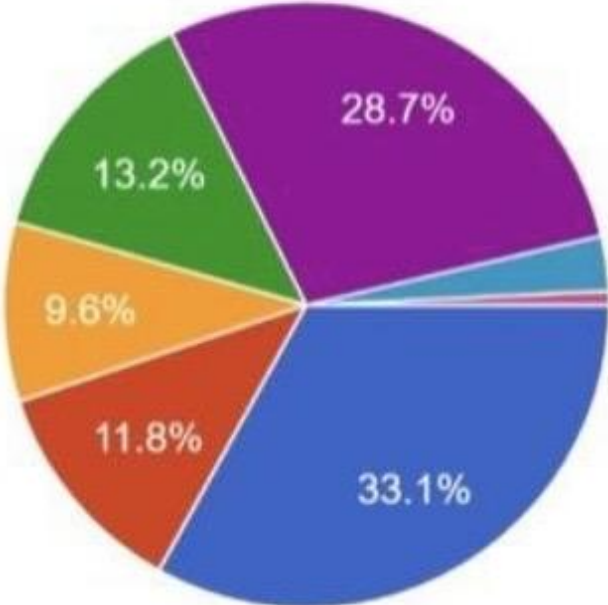


**What do students
have to say about
their experience?**



1. Which habit have you been able to improve over the last 3 months?

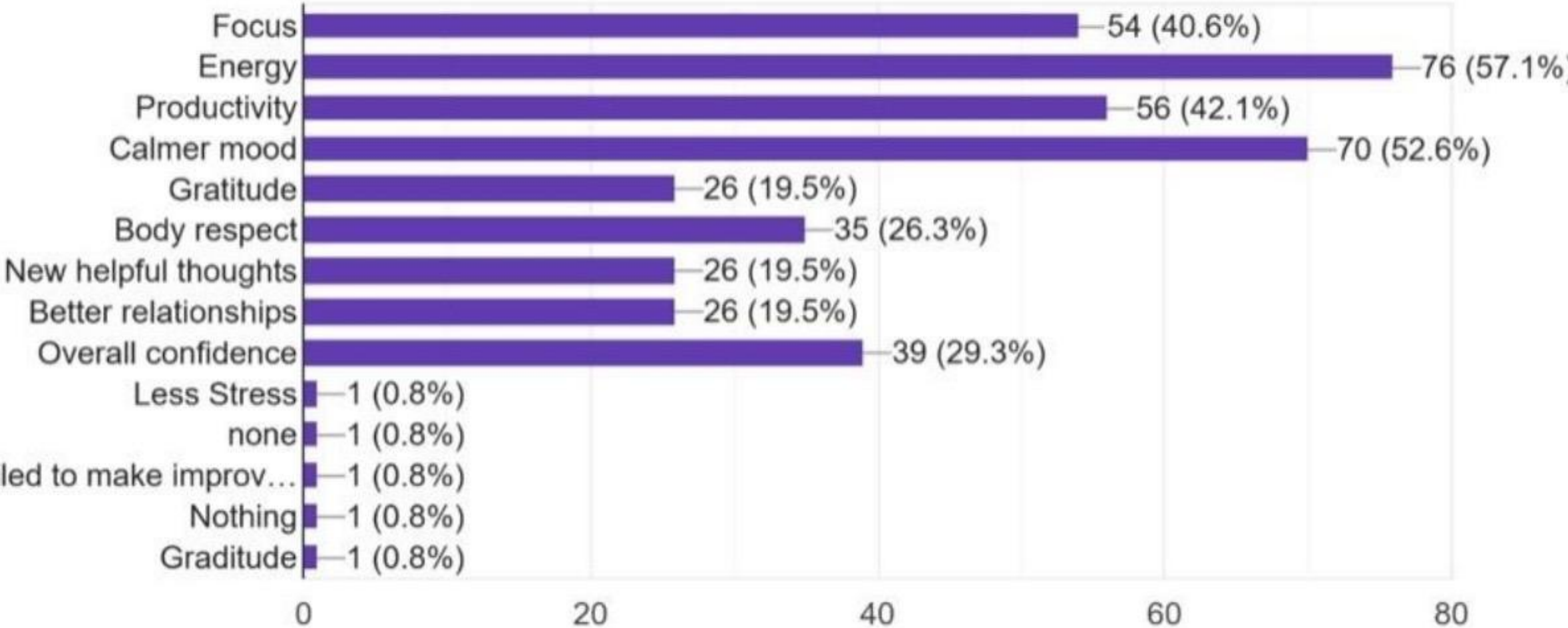
136 responses



- Sleep
- Eating throughout the day- 3 meals, 2-3 snacks with variety and joy
- Coping – reframing unhelpful thoughts, mindful breaks
- Movement- enjoyable and fun
- Hydration
- None
-

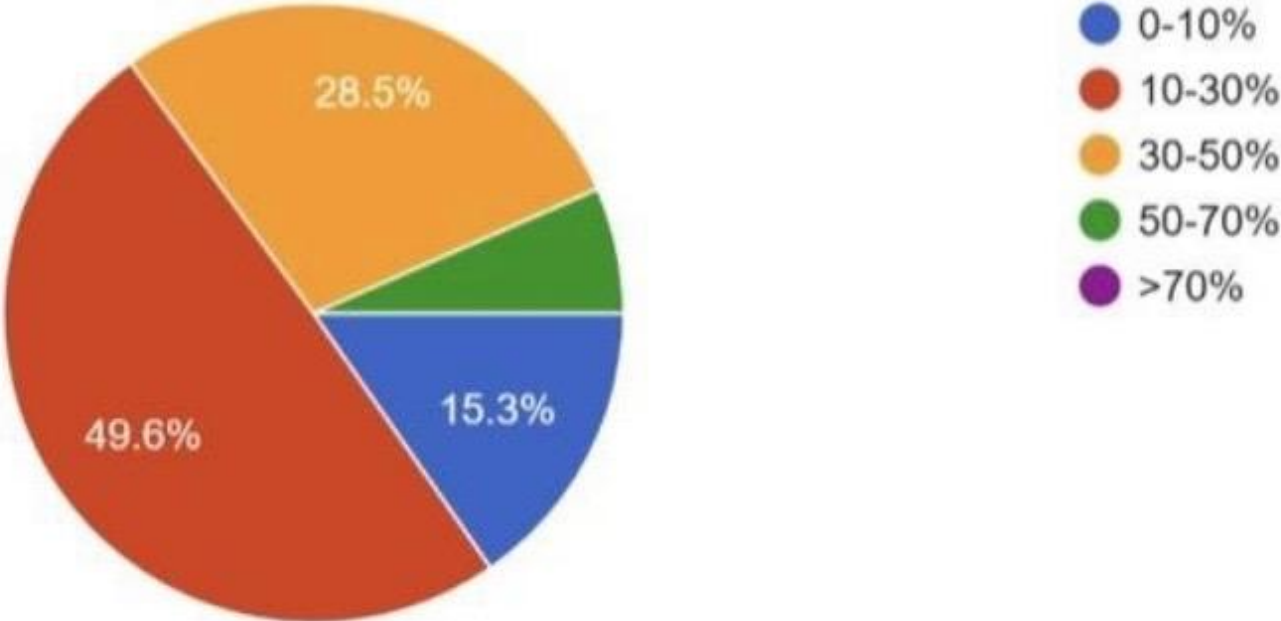
2. What have you noticed an improvement in? Check all that apply.

133 responses



3. Thinking about that one small micro-habit, what percentage improvement would you estimate over the past three months?

137 responses





The seniors feedback so far I love reading their responses tonight:

“I will be mindful of everything I learned and try to apply it.”

“It is encouraging me to improve myself without having to follow a diet or plan.”

“She helped me to realize a lot of things and motivated me to change myself.”

“I will be more mindful about how I care for my body.”

“I will focus on movement and water.”

“I will be focused on my goals.”

“I feel inspired.”



Dec 2

i feel like my energy level has improved because i used to be very non energetic. also ive become more proud of myself and confident when i started eating better and more.

Yesterday

i'm doing good! getting better with eating food so that's good.

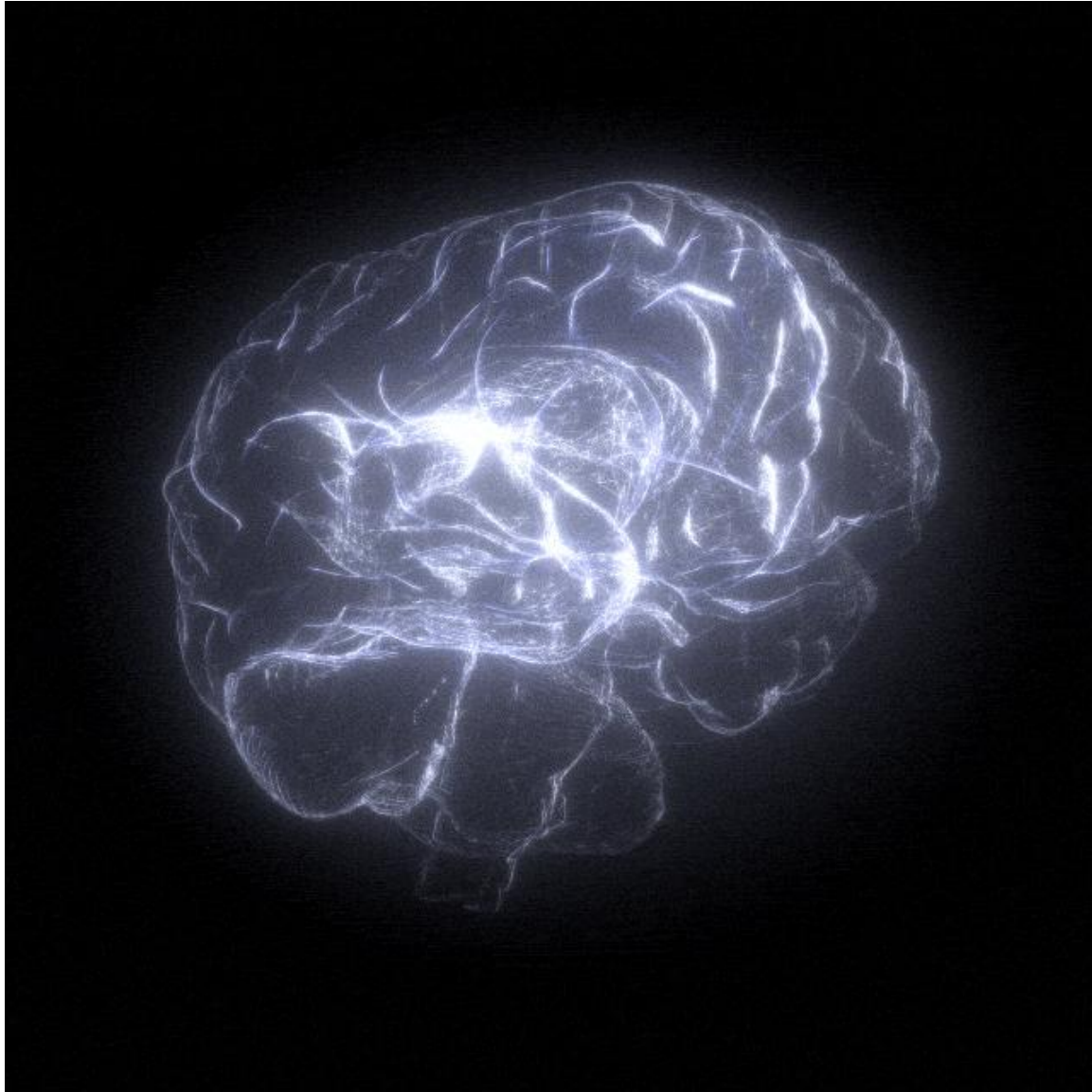
i've become more comfortable with food and don't skip meals anymore. my energy has been good and my mood along with focus have gotten better.

i've been in more good moods and i've been able to focus more in school and in general

i'm honestly really proud of myself



I also had 2 basketball games and scored 4 points. I have not scored in a while. I felt like I had a lot more energy and I was able to run up and down the court better. Thank you for your presentation I feel like it helped a lot!



ARE YOU READY
TO LEARN THE 6
STRONG
SKILLS???





#1 SEE your future self



INTENTION

EATING 4-5x per day (honoring hunger + fullness levels)	1
MOVEMENT (enjoyable and fun)	2
CONNECTIONS (laughter and play)	
HYDRATION (drinking half of one's body weight in ounces of water per day)	
SLEEP (7-8 hours per night)	
CONSUMING veggies, fruits, fiber 2-4x per day	
STRESS MANAGEMENT (mindful breaks: read, stretch, meditate, breathe, become self-aware)	
SOCIAL MEDIA (free time – intentional)	
COPING (rewrite/reframe 3 unhelpful thoughts/beliefs)	3
SUNLIGHT/NATURE	
OTHER -----	

- ENERGY
- FOCUS
- CALMER MOOD
- PRODUCTIVITY
- CONFIDENCE
- GRATITUDE
- SUPPORTIVE THOUGHTS
- BETTER RELATIONSHIPS
- A STRONGER BODY, RESPECT, AND KINDNESS

2 THINK
about truth
vs. trends

HEALTH NEWS

✓ Fact Checked

Only 2% of TikTok Diet and Nutrition Trends Are Accurate: 5 Things to Know



Written by [Beth Ann Mayer](#) on April 25, 2024 —
Fact checked by [Jennifer Chesak, MSJ](#)



Is it a battlefield?

Why Do The 11-Day Shred

- Fresh Start
- Relieve Bloating
- Release Fat
- Boost Energy
- Detox the Junk Out
- Sleep Better
- Glowing Skin
- Mental Clarity



YouTube
Honeysuckle · 13:34

PRODUCING PALEO!

WEEKS 9-12: 30 DAYS OF SQUEAKY-CLEAN 100% PALEO!
(no grains, legumes, dairy, or sweeteners)

LEO B-8: LUNCH

MONTH 1 MONTH 2 MONTH 3

SWIPE →

Watch >

Diana Rodgers, RD
@sustainabledish

What I Eat in a Day

What I Eat In A Day to Stay Lean & Healthy



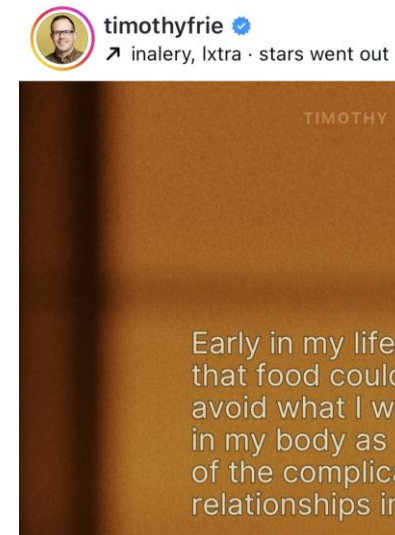
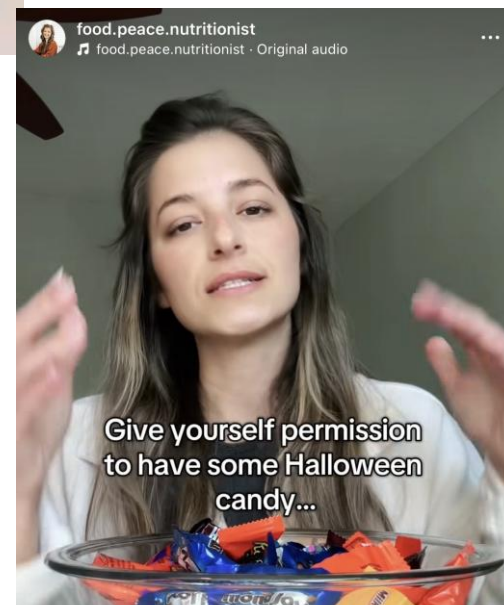
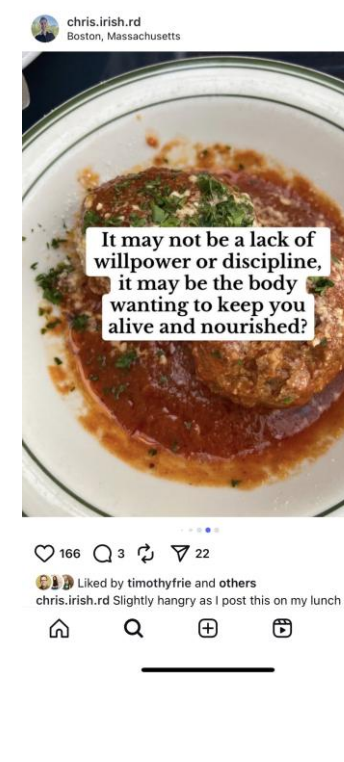
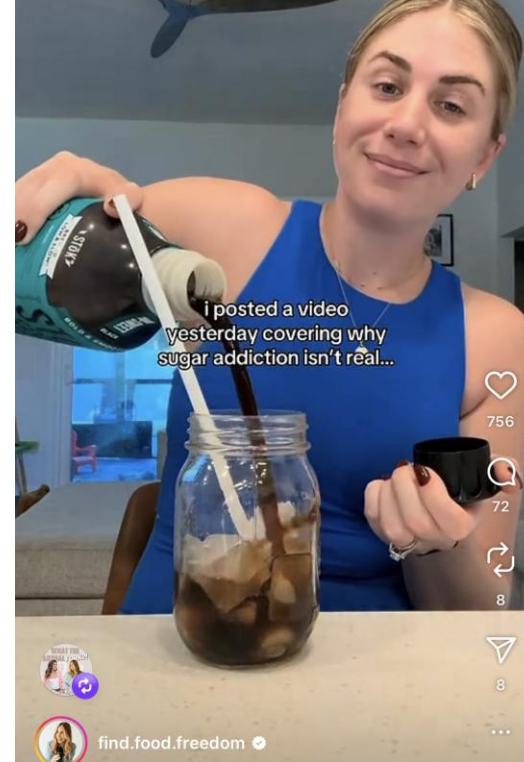
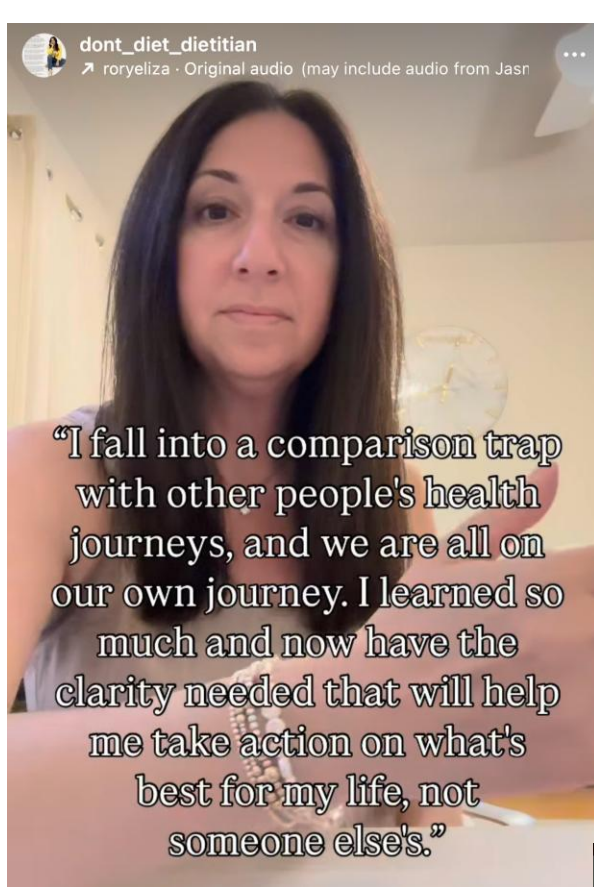
But if you just ate these exact meals on repeat for 4 weeks, you'd lose 2 pant sizes





i found it so interesting about the statistic that only 2% of nutrition guides on tiktok were accurate! i feel that moving forward, I want to help myself and others avoid believing everything we see on tiktok

Question Everything



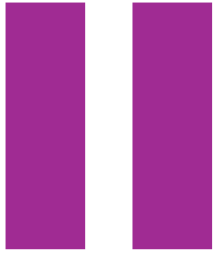
FOOD FOR FUEL & FUN



ACTIVITY

Diet & Wellness
Culture vs. Strong,
Nourished,
Energized Students





PAUSE



NOTICE



CHOOSE DIFFERENTLY

Put on a **critical** lens

- How might it affect my food decisions and my body image?
- Are the body images realistic or digitally altered?
- What does the message really mean?
- Who created and profits from the message?

ANALYZE THE MESSAGE IT GIVES ABOUT BODIES





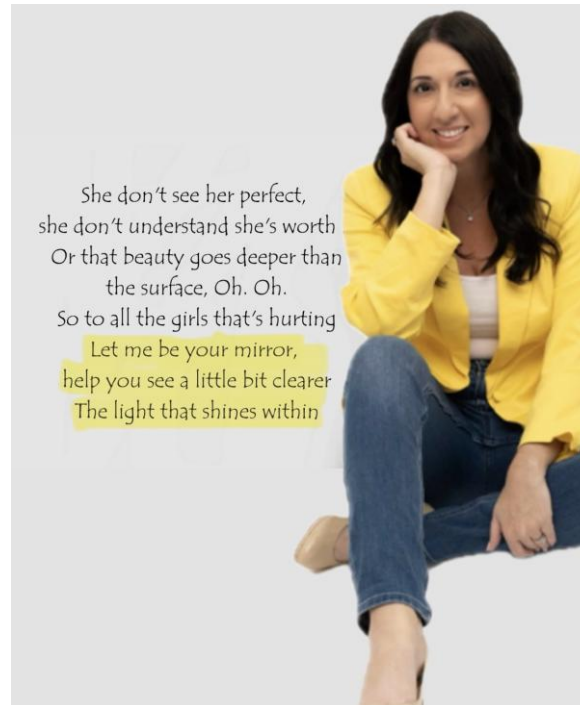
#3 RESPECT your body

“You can truly reclaim and rewrite and your identity beyond your appearance.”

“When we are focused on how we look as the key to who we are . . . then we are diminishing who we are.”

~Dr. Lindsay Kite

@aboutprogress



How can
we SEE our
bodies in a
NEW light?

What has my body helped me to do today?

What do I appreciate about my body?

What can I do each day to thank my body?

We can teach students the skill to rewire their critical, unkind mind to acceptance, appreciation, and respect.



#4 Overcome Obstacles



NICHOLAS

Before:

Picky eating, eating until uncomfortably full later in the day, poor sleep, low energy, anxiety

After:

feel great. I'm proud of my ability to conquer the binge but more importantly i sleep now. I eat now. I have crazy energy. I just feel good

Sam



I had no idea I was setting myself up for so many problems with the way I have been thinking and the things I've been saying to myself.

I would probably say it's important to nourish your body and not deprive yourself of eating and to not be so hard on yourself!!

Yesssss

It's about the internal dialogue



Barely eating



Moody,
constant
thoughts of
food



Obsessed
and fixated
with body
and scale

DOPAMINE

The Reward Chemical

- Completing a task
- Doing self-care activities
 - Eating food
- Celebrating little wins



OXYTOCIN

The Love Hormone

- Playing with a dog
- Playing with a baby
 - Holding hand
- Hugging your family
- Giving a compliment



SEROTONIN

The Mood Stabilizer

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

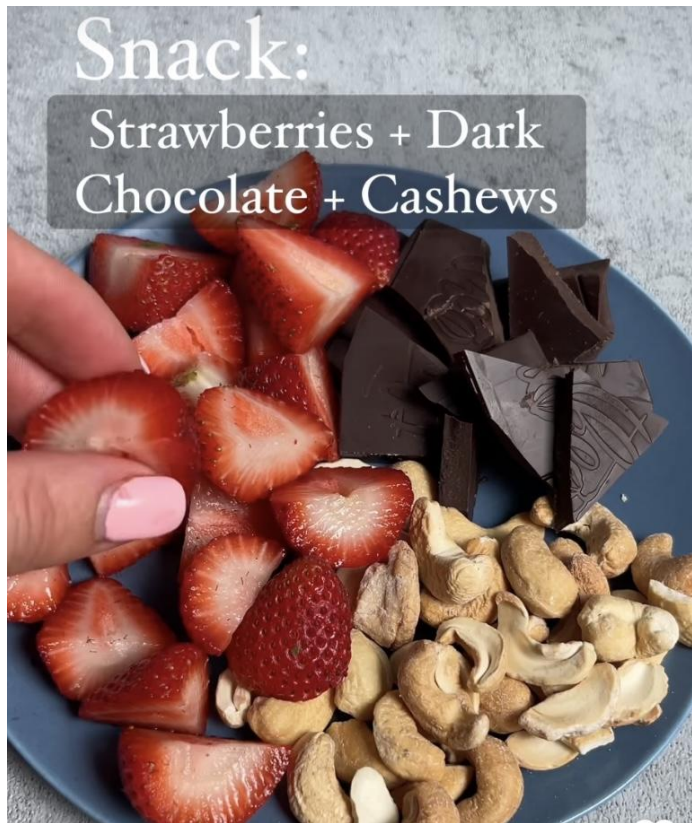


ENDORPHIN

The Pain Killer

- Laughter exercise
- Essential oils
- Watching a comedy
- Dark chocolate
- Exercising





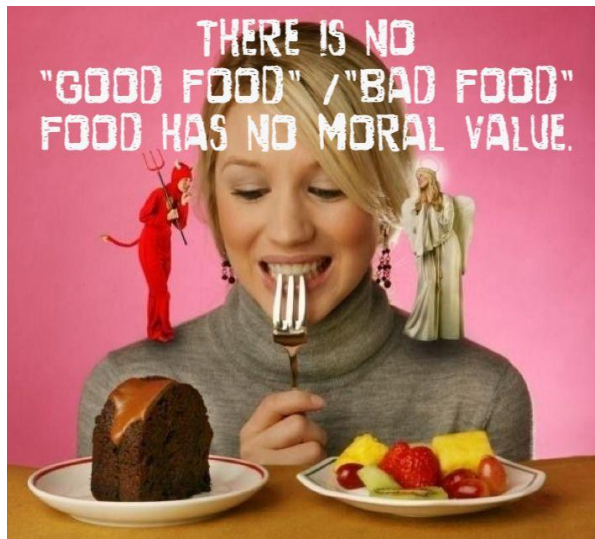
Yes, thank you so much for really changing my outlook on food, and my health in general. Life doesn't seem so daunting anymore and has relieved so much anxiety around food!!

5 NOURISH rather than restrict

There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat
There's no perfect way to eat



Take judgment
out of eating





NO ONE EVER TOLD ME HOW
MY DIET WOULD POORLY
AFFECT MY MENTAL HEALTH



@dont_diet_dietitian

Side Effects of Inadequate Intake/Restriction

?

?

?

?

?

?

?

?

?

?

?

Signs of inadequate intake/restriction

Difficulty making decisions

Feeling irritable, annoyed, angry

Restlessness or agitated

Anxiety

Fatigue

Losing focus

Gas, heartburn, burping

Acid reflux

Thinking or fantasizing about food or the next meal

Headaches

Nausea

Poor athletic performance

Activity

SCHOOLS,
MASTER FOOD + MOOD
Elevate Eating + Emotional Well-Being

POWER SNACK PLATE

CHOOSE ONE FROM EACH SECTION

ENERGY (lightning bolt icon)

- POPCORN
- GRANOLA
- PRETZELS
- BARS
- CHOCOLATE
- TORTILLA CHIPS
- CRACKERS
- BERRIES
- CARROTS
- GRAPES
- BROCCOLI
- MELON
- PEPPERS
- APPLES
- ORANGES

STRENGTH (muscle icon)

- EGGS
- CHEESE
- PEANUT BUTTER
- BEANS
- YOGURT
- EDEMAME
- AVOCADO
- SEEDS
- NUTS
- HUMMUS
- OLIVES
- OLIVE OIL
- CHIA & FLAX

COLOR (rainbow icon)

BRAIN (head with gear icon)

SWITCH UP YOUR SNACKS, NOTICE THE SHIFT.

• ENERGY • MOOD • FOCUS •

SNACK 1

SNACK 2

SNACK 3

- 1
- 2
- 3
- 4

- 1
- 2
- 3
- 4

- 1
- 2
- 3
- 4

LET'S HAVE A CHAT

LAURENDORMANRD.COM | SCHOOLDIETITIAN@GMAIL.COM



Snacks: High fat
and protein
with
carbohydrate

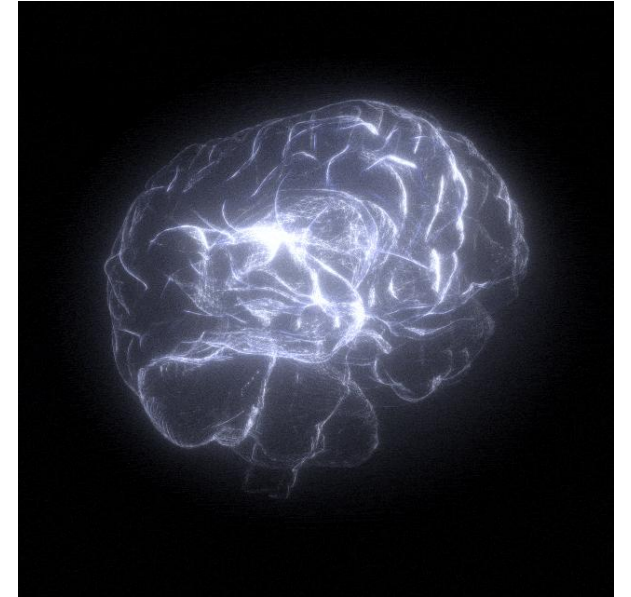
GET
CREATIVE!

- ① Where am I on the hunger meter?
1 2 3 4 5 6 7 8 9 10 OR I can't tell
- ② At this meal or snack, what sounds good to eat right now? _____
 Protein Fats → Long Energy Carbs → Short Energy
Could I add ? Whole Grains/Fruit/Veggies → Fiber/Vitamins/Minerals
- ③ What can I taste? Creamy Crunchy Sweet
 Salty Spicy Other _____
- ④ Did I get enough food? Yes No Not Sure
Did it hit the spot? Yes No Not Sure
If not, could I do something different for the next meal/snack?
- ⑤ If I'm not hungry and want to eat--which is fine--what's up?
▪ Am I ... Angry Bored Tired Celebrating
 Sad Stressed Needing some fun or comfort
 Having fun with friends Other _____

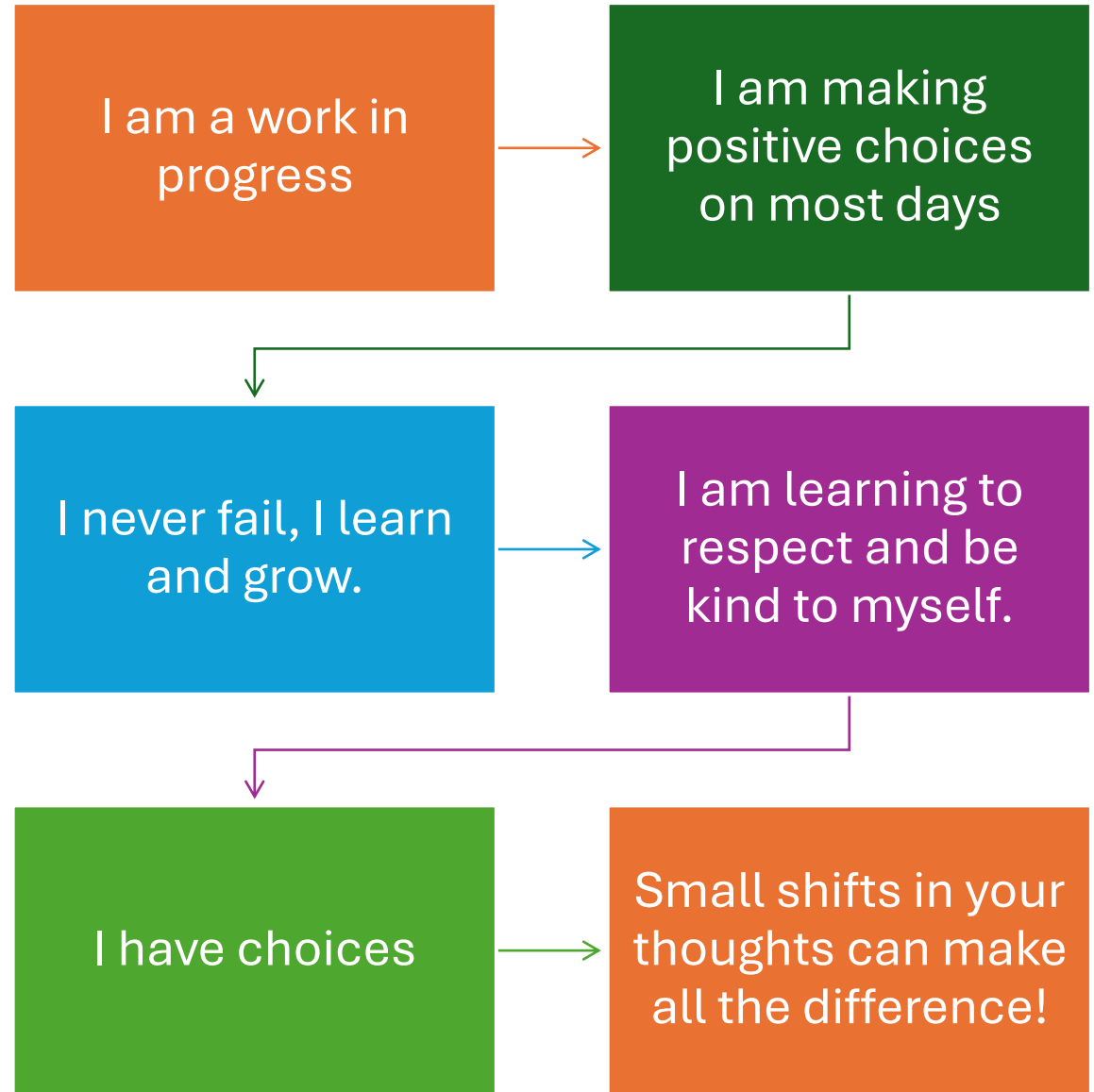


What are the 9 most effective questions for students to ask themselves?

6 GROW
your mindset
to achieve
goals



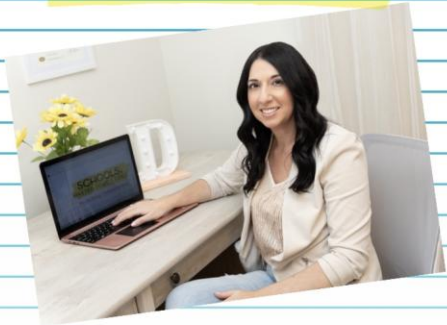
NEW
THOUGHTS,
NEW
BEHAVIORS



Which 1 micro habit do you feel inspired to take action on?



SCHOOLS,
MASTER FOOD + MOOD



The Strong Student Shift

- S** SEE your future self
- T** THINK about truths versus trends
- R** RESPECT your body
- O** OVERCOME obstacles
- N** NOURISH rather than restrict
- G** GROW your mindset to achieve goals

NOURISHED, HEALTHY, & STRONG

LAUREN DORMAN, MENTAL HEALTH REGISTERED DIETITIAN
schooldietitian@gmail.com
@dont_diet_dietitian



Break free from the scripts society tries to write for you. You hold the pen with your own roadmap. You get to choose how you show up in life. Decide differently. Choose to fuel your body and mind with *intention*.

Choose to *prioritize* your energy, *strength*, and focus. Don't let anyone else dictate how you feel or how you show up. You get to decide. Own it. Feel your best. Show up *powerful*.

I value your opinion, advice, and thoughts!!

1. What do you already know about the topic (eating disorders, disordered eating, body dissatisfaction, a difficult relationship with food, body, mind)?

2. What are you seeing or hearing on a regular basis that concerns you?

3. What skills do you already have related to this?

4. What would you most like to learn?


5. What questions are you hoping to have answered?


THANK YOU! LET'S STAY CONNECTED!

RD to RN Chat

Schooldietitian@gmail.com





 **dont_diet_dietitian**

A circular profile picture of Lauren Dorman, a woman with dark hair wearing a yellow cardigan and blue jeans, sitting on the floor. The background of the photo is a white wall with some faint text visible.

Lauren Dorman, Founder of Nourished Experience

477 posts **4,832** followers

Registered Dietitian & Motivational Speaker.
lights you up ✨
The Strong Student Shift
Download my book 

 linktr.ee/dontdiet