

Mind Matters

Weight Management

Why Psychology Matters

Welcome to Woodlands Health's Obesity and Metabolic Clinic (OMC). Beyond medical and surgical interventions, successful weight loss comes with the right combination of motivation, positive mindset and lifestyle changes such as diet and exercise. Here at OMC, we are committed to journey with you on this path of self-discovery and transformation.



The Interaction of Mind and Body in Weight Management

- Mind-body interaction in weight gain

Negative emotions
+ Stressors
+ Cravings



Eat more + Reduce
activity level



Excess weight
gain and
retention

- Underlying psychological and behavioural challenges in weight management:
 - Maladaptive eating habits (e.g. emotional and binge eating)
 - Difficulties with self-awareness and self-control
 - Ineffective stress management techniques
 - Body image and self-esteem issues
- Improved mental health enhances overall well-being and fuels the motivation for a healthier lifestyle. A commitment to wellness further strengthens you and reinforces your motivation in your weight management journey.

Mr Chan, a 45 year old man, experienced chronic lower back and knee pain for the last 2 years, worsened by stress-induced weight gain and reduced activity. Despite being motivated and trying multiple weight loss methods (e.g., diet changes and commercial products), success was limited. Together with his OMC psychologist, he has learned to identify his maladaptive eating patterns and acquired individualised coping strategies based on his needs. Now, he is learning to maintain these positive changes, fostering a healthier and sustainable lifestyle for the long term.

“Every step you take brings you closer to a healthier you”

What can you expect when you see a Psychologist for weight management?

- Gain a better understanding of your weight condition and why it persists.
- Collaboratively identify potential challenges and barriers to your weight management journey.
- Learn helpful strategies (e.g., helpful eating habits, stress management techniques, tips to overcome body image and self-esteem issues) for improved physical and emotional well-being.
- Have a guide to assist in selecting, planning and initiating behavioural and lifestyle changes that are sustainable.
- Gain confidence to stay motivated and overcome setbacks.

Helpful Weight Management Strategies

F Focus on mindful eating



I Incorporate balanced diets and portion control



T Take time for regular physical activity and exercise



T Turn to healthier non-food coping mechanisms (e.g., walking, practicing a hobby, listening to music, talking to a friend)



E Engage in stress management techniques (e.g., deep breathing and mindfulness exercises) in response to negative emotions



R Regularly monitor and track progress. Identify effective strategies for you.



*For a personalised programme, do consult a licensed mental health professional to tailor treatment to your specific needs.



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