

SHIRLEY A. GAZABON-CAMARGO: Change is hard. Even the change that we expect and we want is difficult. And we can only anticipate how well we will do once we're there and we're actually going through the change process. So one of the things, as part of psychological support, is identifying any of the significant stressors that they have to deal with as part of all these changes and helping them cope with the stress, in an adaptive manner, without using food necessarily as a crutch to help them move forward and recover.

There's different ways of coping with stress and, like I said, they entail cognitive and behavioral ways of coping. Cognitively, we like for patients to think in a very functional, positive way, to say thoughts that are not necessarily destructive, but a constructive. Behaviorally, we like to tell patients to have a good exercise regimen, and to manage their stress better, to practice time management, to seek support from family and friends, to do things they enjoy doing to manage stress, and to balance their life overall.