

RAK HOSPITAL WEBINAR EXPLORES THE PSYCHOLOGY BEHIND WEIGHT LOSS

Ras Al Khiamah, UAE – April 29, 2025: As part of its ongoing RAK Weight Loss Challenge 2025, RAK Hospital hosted a deeply engaging and enlightening Obefit Webinar on “The Psychology of Weight Loss”, led by renowned clinical psychologist Dr. Savita Date. The session brought to light a powerful, often-overlooked truth: lasting weight loss begins in the mind, not just on the plate.

While diet charts and exercise routines dominate most weight loss conversations, Dr. Savita emphasized that these are only part of the picture. “We tend to treat weight loss as a mathematical formula—eat less, move more—but the reality is far more complex,” she explained. “Many people struggle to maintain a routine not because they lack willpower, but because they’re fighting deeper emotional and psychological battles.”

Using the metaphor of a “wall of obesity” built brick by brick, Dr. Savita asked participants to reflect on what truly drives their eating habits. “Is it physical hunger, or are we using food to soothe emotional pain, loneliness, stress, or helplessness?” she questioned, urging attendees to look beyond weight as a problem and see it instead as a symptom of unresolved emotional issues.

One of the central themes of the webinar was the vicious reward cycle controlled by the brain’s Prefrontal Cortex. “When we’re stressed or emotionally depleted, we crave comfort. Food provides a quick dopamine hit, a short-lived reward that soon fades, leaving us craving more,” Dr. Savita said. “Over time, we become conditioned to pair comfort with food—and this habit is tough to break.”

She encouraged participants to focus on mindful behaviour change, stressing the importance of building new habits and consciously unlearning old ones. “List the behaviors you want to adopt—and the ones you want to let go. Then, take it one step at a time. Sustainable change doesn’t come overnight.”

Other key takeaways included:

- The role of mindfulness in overcoming food triggers and emotional cravings
- The importance of sleep in managing hunger hormones and boosting willpower
- The difference between physical and emotional hunger, and how to identify them
- Using relaxation techniques to support a calm, focused mindset during the journey

Dr. Savita concluded the session with a hopeful message: “Weight loss is not about punishing yourself. It’s about healing, understanding your emotions, and learning to cope differently. When your mind is ready, the body will follow.”

The webinar is part of RAK Hospital’s ongoing commitment to empowering individuals through holistic wellness as part of the RAK Weight Loss Challenge 2025. Participants are encouraged to consult nutritionists and fitness experts—but most importantly, to begin the journey of transformation from within.

Article link

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You tube link

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