

Getting control of your emotional eating

>> MELANIE ORDONEZ: All right, thank you, everyone for attending this webinar. Getting control of your emotional eating. My name is Melanie Ordonez, I will be one of your moderators along with Amy and we have a guest speaker, Maureen Prinster. I'm so pleased to introduce you to Maureen. I have the pleasure of working with her as a health coach and I just really admire her. She has great experience and really understands the topic. She is a registered dietician and more than 19 years in her field. She is committed to helping individuals live healthier, happier lives. And coaches them to be their best selves. I would like to turn it over now to Maureen.

>> MAUREEN PRINSTER: Thank you, Melanie for that nice introduction. I am excited to be here to share with all of you what I think is some important information.

As a dietician working in behavioral health, I have worked with many clients that experience emotional eating and the self loathing and self-blaming that comes along with it. I see how detrimental it is, because emotional eating, something we establish, something so many people beat themselves up for. But too often we don't acknowledge the real and legitimate reasons why we do it in the first place. So I would like to help you understand it's not because you lack will power or are weak, that you emotionally eat. Now that we are at the beginning of this new year, I know many of us set goals around weight, nutrition, eating. And what can be a hindrance to making changes around eating difficult is our emotions.

So I hope today I can share with you a few ideas that you can take with you and give you some peace and control.

So what are we going to cover today? Next slide, please.

So we are going to talk about emotional eating in more detail. The common causes and triggers that are behind why we eat out of emotion. We will also explore how common this really is, and why it tends to be so difficult to overcome from a physiological standpoint. But also a human behavior standpoint. Then again, my hope for you is that you will be able to think about how you can apply some strategies and tips that we will discuss that have worked for others to help you.

Now food is an essential part of our every day lives. We all have to eat to survive. But for many of us food is much more than a source of nutrition and energy. It's absolutely engrained in our lives, in our social lives, our work events. Family legacies.

For most people, food does really carry some meaning. Whether that's pleasure or comfort. Tradition, shame. Or a combination of all of that.

I mean, there's very few of us that haven't celebrated with a birthday cake or wedding cake or maybe ended a difficult day with our favorite snack or bonded with family members over say a recipe. In other words there's very few of us who haven't engaged in emotional eating or eating for some other reason other than physical hunger.

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To get an idea though too, I'm curious, I would like to do a poll question before we really get into this slide.

How many of you have overate, over eaten in the past month due to being stressed? Just stressed? This is totally anonymous. So we will give it here a few seconds for you to answer. I'm just curious, where you all fall.

>> MELANIE ORDONEZ: Maureen, it looks like most people right now are in the yes category. I should probably check yes, myself.

>> MAUREEN PRINSTER: Absolutely. Same here. I was just going to say the same thing.

>> MELANIE ORDONEZ: Especially with the holidays.

>> MAUREEN PRINSTER: Right, right, with all the family members. Everything that the holidays brings with it. It definitely is stressful.

So not surprising, like you said. Actually, I think because of being in this presentation, or coming to it and also it being the holidays this is going to be a higher number than what normal, a normal time would bring. Or if we just polled the population randomly. But really about 40% of U.S. adults have said they have over eaten or eaten unhealthy foods in the past month. And again, this isn't necessarily around the holidays. But what's interesting is about half of those adults report engaging in these behaviors weekly or more. So it's obviously a very common phenomenon, and what a lot of people struggle with.

So for those of you answered saying "No" in that above question about overeating in the past month due to stress, you might be requesting, well, am I not an emotional eater? And you may not be. But I do want to present a couple of things to think about here. Because there is a big spectrum of emotional eating, as we will learn. But if you can answer yes to any of the following questions you may be an emotional eater. This isn't a poll question, this is just me asking randomly for you to think about. Do you eat more when you are worried or anxious? Do you eat when you are not hungry or already feeling full?

Another sign could be do you eat to feel better, calm yourself when you are mad, bored or tired. Do you eat until you feel uncomfortably stuffed often? Does food feel like your best friend or a best friend? Do you feel out of control around food? Or do you eat to reward yourself or celebrate on a regular basis? You know, once in a while is one thing. But weekly or more often basis.

So, again, that just kind of shows you that we are all pretty much included in being an emotional eater to some degree.

So it is normal, I mean, to a certain extent. But, why are we talking about it then? Well, emotional eating occurs when a person over eats in response to emotions rather than hunger, okay? It can happen with positive emotions, such as with happiness. But emotional eating is usually associated with that negative emotion, stress, depression, boredom or grief. Emotional hunger doesn't originate from the stomach, such as rumbling or growling of the stomach. But tends to start when a person thinks about a craving or wants something specific to eat due to coping with an emotion.

So giving into a craving or eating because of stress can cause the feelings of regret, shame or guilt. And these responses tend to be associated with emotional hunger.

On the other hand satisfying a physical hunger is giving the body the nutrients or calories it needs to function and not associated with negative feelings.

But often people have a low awareness of their hunger and fullness cues and they struggle to regulate their emotions. Again the emotional eating becomes a coping mechanism. That's where the problem lies. There's an increase in dopamine when this happens. A chemical in the brain that promotes feelings of well-being after eating the highly palatable foods, the high sugar foods, the high fat foods which is why some people are drawn to eating while experiencing emotional comfort. It soothes them, makes them feel good. Again, emotional eating isn't always a bad thing, when it happens occasionally it's considered normal eating. But people who do it from time to time, it becomes serious when it is happening frequently and it's your only coping mechanism.

Next slide, please.

So does this mean we all have an eating disorder? Myself included, Melanie included? No. We don't all have an eating disorder. Emotional eating is not actually an eating disorder or even a mental health disorder. However, it can become or be a symptom of one. For example, overeating without physical hunger can be an indicator of a binge eating disorder, which is an eating disorder. But that's not what we are necessarily talking about here. But I do want to give you a distinction here between binge eating disorder and emotional eating. Binge eating disorder is a distinctive mental illness characterized by repetitive episodes of compulsive over eating.

They are uncontrollably eating an amount of food way significantly larger than what most people would eat in the distinct period. So for example, in a two-hour span, even when they are not hungry.

A person with binge eating disorder might eat much faster than normal and hide the amount of food they eat out of shame. They may feel disgusted by their eating after doing so. Again, this is a diagnosis made usually by a doctor.

There is a "Qualifier" that the binges must occur on average once per week over a three-month period. Again, emotional eating is not necessarily binge eating disorder. However, those with emotional eating need to be very careful. Because those of us that use eating as a coping strategy can be at higher risk of developing binge eating disorder. And those with eating disorders are higher to engage in emotional eating as a means to cope. Is it the chicken or the egg? But, the awareness is just so important.

The biggest difference between the two is really the amount of food consumed. Think of say, an entire pizza or four peanut butter and jelly sandwiches within ten minutes. With emotional eating, the amount of food isn't necessarily excessive it's just the response that becomes habitual. Once in a while is okay. But emotional eating, when it's becoming your primary coping mechanism and your first impulse to open the fridge when you are bored, upset, exhausted, you get stuck in the cycle.

How common is it? This probably won't surprise you about about 1/5 of U.S. adults report emotional eating behavior often or very often. So being female usually increases our risk of that. Non-Hispanic white and younger age are related to higher likelihood of emotional eating. Again, anyone out of those demographics of course, are still at risk. But that's where the concentration seems to be.

The other interesting thing that I found doing research for this presentation was that emotional eating is significantly related to more frequent fast food consumption.

So because fast food, of course, is a big part of our culture, it's not surprising. Because it's quick, it's highly palatable, high in fat, sodium and it can release the dopamine in the brain for some individuals. Next slide, please.

All right. Wait a second. So emotions can be part of eating, right? That's okay, we are saying there is some normalcy to that.

So I want to do another real quick poll question though from you. I would like to know what percentage of eating is emotionally driven? So if you think about all the times that you eat, what percentage of that is due to emotion?

Not just purely a hunger, fulfilling that human sensation. What percentage do you think is emotion? Driven.

All right. Thank you for answering. So it looks like most of you are thinking around, or a lot of you are thinking around 50%.

So, interestingly enough, this surprised me too, 75% of our eating is actually emotionally driven. Again, it's very clear. Emotional eating is extremely common and part of why we eat. And it's so common because of our biology, because of our behavior. And because of the way our brain processes and functions.

On a biological level, immediately after a stressful event, if you think about it, we might experience actually appetite suppression. Thanks to the release of certain hormone that's allow us to focus on the stressor at hand. However, then hours or even days after that stressful event, a different category of hormones rise to stimulate our appetite and encourage us to eat. This biological response acts as a protective mechanism to help us get through a stressful, potentially, say life-threatening situation. But if our stress goes unmanaged, which a lot of us have, levels of some hormones called gluco corticoids are elevated and that leads to stimulating eating behavior which could make our need for high-calorie food to go up. This is all related to the way that our hormones are reacting and how our bodies react to those hormones. So it's not a surprise. On a behavioral level, you know, we learn emotional eating patterns. A child who gets a candy after a big achievement may grow up using candy as a reward for a job well done as an adult. Or kids given cookies to stop trying may link cookies to comfort. That's not necessarily a bad thing but it's how it manifests into adulthood. It's not easy to unlearn patterns of emotional eating. Also when we are stressed our behaviors are affected. We are usually quick

to throw out habits that keep us even keeled, exercising or cooking or keeping social connections. I can't tell you how many clients I talk to, they are going along and doing great with goals we set to improve their health. But then something happens, something stressful and it all goes out the window. Again, that is a normal response. But it doesn't help when then that stressful response causes us to crave higher calorie, higher fat foods.

Then just from the way our brain functions as well. This is why this is so common. Stress really deactivates that executive function in response to food queues in our brain. When I talk about executive function, I mean like the skill that allows us to plan, to focus attention, to think before acting. Making decisions, say.

So, it's no wonder that we struggle with this, because all of that goes out the window.

So beyond that, you know, we do need to recognize that food is not just fuel. The satisfaction we feel when we are eating favorite foods or trying new cuisines it's not just physical. It's mental and emotional too. Eating to honor our emotions becomes problematic when it takes away from our quality of life and sidetracks us from reaching our health goals. That's what I want to focus on here today. Next slide.

So here is just showing you really that this is on a spectrum, right? Emotional eating, it could be for pleasure and enjoyment, which that is an emotion and that's okay. Even to be comforted, it's okay. But when we start getting into, I want to eat to distract myself. I want to eat because I just don't want to feel any more. I don't want to feel this uncomfortable feeling. Or in extreme cases, which a lot of time will come with the binge eating disorder I mentioned before. Some people eat because they are punishing themselves or because they feel guilt. And they don't deserve to feel good.

So this just shows you how much of a spectrum this is on. And only you, of course, can decide where you fall with that. But just wanted to show you that. Next slide, please.

So how does problematic emotional eating affect us? Why is this a problem? Well, so, food can provide a very personal reward, just by its psychological associations.

And when this rewarding behavior is reinforced time and time again, again, it's releasing that dopamine. The brain that craves it, again and again. It becomes a habit. And then it affects another part of the brain. Research has shown the basal ganglia located in the brain's cerebrum is associated with this. And when trained they become automated and are not connected with the initial reward. In other words, the behavior becomes more connected to its trigger than to the outcome. So for example, if every time you are stressed at work you go and grab an over stuffed burrito even when you don't need it. You are likely to eat it because it's what your brain has been trained to do as a coping mechanism. Emotional eaters may be more prone to train their brains to cope in these unhealthy matters. Typically we think less about the outcome and more about the circumstance that sets it off. That's what triggers us to want that burrito.

We also use meal times to socialize too, but if we don't feel comfortable consuming food, if we are an emotional eater, isolation can creep in, depression can occur. Emotional eating can lead to being overweight, obesity, and emotional problems. It cannot only affect mentally but have detrimental effects on that physical health. Turning to high fat, high salt, high calorie foods. Which could lead to the unfortunate high cholesterol, high blood pressure. Respiratory dysfunction, diabetes. And then sleeping can significantly affect our sleeping.

All right. So next slide, please.

So creating awareness and being informed of the signs of emotional eating can actually help reduce it. Turn the dial down somewhat. Again, we aren't going to completely eradicate this, it's part of who we are. But some signs of emotional eating are sudden and urgent cravings. Physical hunger develops slowly over time, right? After you eat you might be satisfied for a while and then your hunger will kind of grow again.

But with emotional eating, it's usually coming on very quickly.

You might say I need to eat something. I need chocolate right now. That's usually going to be emotional eating.

Not only do your cravings come on suddenly but you may only want to eat certain things. You may only want ice cream or French fries or chocolate.

And feel like that is what's going to satisfy you.

Over eating is a hallmark of emotional eating. It's not the only indicator. But, you know, it definitely can be a sign that is an issue.

Shame or guilt. Feeling emotional distress over your eating habits is another sign. After we emotionally eat, both our brain and our body are aware of what just happened, even if you don't know what the trigger was. So feeling that guilt or shame after you have eaten is a red flag you are emotionally eating. Some other signs are eating at unusual times of day. For example, like late at night. Gaining excess weight. And you don't really know why. Unless you really take a look back and see what your patterns are. Sneaking food during high-stress times.

And even hiding empty containers of food.

Next slide, please.

So there are a number of physiological, physical, mental, behavioral and social causes that increase the likelihood of emotional eating. Again, I think it's important to just create that awareness. But feelings of deprivation in other areas of your life, that could be a biggie. Psychological deprivation doesn't just come from food restriction. Not getting needs met in other life areas like sleep or social connection, or fun or self-care can create feelings of deprivation and lead us to seek fulfillment through food instead.

Dieting may also cause individuals to override their hunger and fullness queues over time. This may cause individuals to become out of touch with their bodily queues. Leading to eating as a response of emotion rather than physical sensation. We will talk in a moment how to counteract that. But other factors like early childhood experiences or inability to describe one's feelings. Inability to regulate one's emotions may contribute to that poor body awareness. Also depression. Research shows those who experience depressed mood do show increased preference for of comfort foods and report eating these foods as a means to alleviate those feelings. Some are opposite. They can't eat. But it is individualized but that could be a trigger. Chronic stress as well. Emotional eating is associated with reverse stress response for those who experience that chronic early life stress in childhood. As a result those individuals are more likely to experience an increase rather than decreased appetite after stress. Also fatigue. Various studies show, poor sleep like five hours or less and disruptions in our circadian rhythm may increase sardonic rewards. And boredom. When we are bored our brains aren't stimulated which may lead to low levels of dopamine.

So the eating can provide distraction from the boredom but also could increase that dopamine as well.

Finally, perfectionism. What I like to call negative perfectionism. Which is really just setting impractically high goals that often end in failure leading to anxiety and shame. That increases our stress levels. And also then affects, could be a trigger for emotional eating.

So let's get into, okay, what do we do about this? How can we, if you feel your emotional eating is affecting your quality of life, what can you do about it? Honestly, one of the biggest things I have seen that has helped with this is understanding your triggers, and some people might not like this part but it is through journaling. Triggers for emotional eating do vary from person to person, but I'm telling you, journaling about your emotional eating experience could be huge. It could help identify trends. Also journaling aids in processing emotions. It also helps create pause and provides clarity. So while it may help you with your emotional eating journey, but in addition, you may find it also lowers your overall stress levels.

You know, some people have asked me, Maureen, what do I journal about?

So when it comes to specifically emotional eating, I suggest asking yourself what was happening before my bought of emotional eating. What emotions did I feel? And how else can I cope with these emotions?

Really being honest with your self and asking yourself what happened, what right before that. And I promise this will clarify a lot.

The other, another way to deal with strategies to address emotional eating is what I call interview your hunger. Or really, listen to your body. Before eating, practice the H.A.L.T. technique to check in with your self about your hunger. Stands for am I hungry? Am I angry? Am I lonely, or am I tired?

And this method is based around the idea we are more likely to make poor decisions in any of these states.

Really thinking about listening to your body.

Another strategy which seems very simple yet difficult even for me as a dietician, it is not easy, excuse me, is to eat regularly through the day. Not eating adequately through the day, even stressful times will worsen your cravings for those highly palatable foods.

Under eating may only fuel emotional eating by leading us to feel like we have no control over food. If we are experiencing both that biological and emotional hunger at the same time.

And if you are finding that you are struggling to eat during stressful times, then I suggest simple things like setting an alarm on your phone or scheduling your lunch break into your calendar to help promote regular meal times.

So, another key thing which kind of goes back to listening to your body is practice mindful eating. The keyword here is practice. Because this is hard to do. The skill of mindful eating, it's like a muscle. The more we use it, the stronger it gets. Mindful eating is a practice that engages all of our senses to experience and enjoy our food choices. So things like eating more slowly, chewing thoroughly. Really chewing your food. Acknowledging where your food came from. Noticing the color, the smell, the taste, the textures. Those are examples of mindful eating. Another piece of this is I highly recommend to practice again, that's the keyword, the stop eating at 80% full.

Make this a practice. And to do that, put your fork down between bites. Turn off screens while you are eating.

Eat meals and snacks at the table without distractions. Really trying to slow it down. Again, this isn't going to completely solve your emotional eating issues but it really can start training your body and your mind to maybe help turn the severity down, turn the frequency down that it is happening. Next slide, please?

Some more strategies and tools to address emotional eating. Build your own personal emotional regulation toolkit. What does that mean? That just means basically to figure out ways, other ways to deal with things like loneliness, stress, sadness, boredom. Figuring out what else works. I know for myself listening to my favorite playlist, is a great way for me to kind of escape. Also organizing my space, that also helps me ease my stress a little bit. It also distracts me.

Or you know, you may have some others. Calling a friend. Taking a walk. Finding other ways to regulate your emotions, versus them driving you.

Finding other ways to nourish yourself. Emotional eating may be the result of unmet needs. Again, improving your sleep, engaging in regular exercise, eating balanced meals, staying connected to loved ones or friends. Flexing your creative skills. Just feeling fulfilled.

And then also giving yourself some grace. You know, holding onto feelings of guilt and shame during or after a bout of emotional eating only extends that emotional experience. Do your best to reflect back on the events that led to that. Identify areas that need more attention and move forward. This is growth. Roadblocks are going to be part of the process but viewing them as opportunities instead of obstacles will help you hopefully get unstuck.

Building an emotional regulation toolkit, giving yourself some specific times during the day to go to bed, to eat. Treating your work outs like appointments. It kind of sounds dull, not the most exciting. But sparing that mental energy and decision making can be key during stressful and emotional times. Finally setting realistic goals, getting away from that perfectionistic thought process. You know, I always say aim

for progress, not perfection. I know it sounds so cliché. But setting high standards around perfecting your emotional eating is going to lead to failure and add fire to the emotional experience.

I personally love smart goals as a coach. You probably heard before, specific, measurable, achievable, relevant and time bound. I will set a timer on my phone for two minutes and breathe deeply the next time I am overwhelmed with emotion. That feels more specific and achievable than I'm just going to stop emotionally eating. That is not probably going to happen, as we have established.

I think the goal here is we need to figure out how to turn the dial down of our emotional eating. How do we reduce the frequency, severity when it does happen. Because a part of that happens because we are human.

Also, if you feel like from our discussion today you do have a problematic emotional eating or even something more intense, I would recommend talking to your healthcare provider. You can also get support from a health or wellness coach like myself or a counselor as well.

So finally, as we are kind of wrapping up here, for those of you that have had these episodes or bouts of emotional eating you would like to reduce, I would like to do one last poll question, based on what we have discussed.

I would like to know from you, what is your biggest take-away on how you can reduce the frequency or severity of your emotional eating. That you will try doing differently in the future. Again, we know you aren't going to completely make this go away and we don't want to. We don't want to just eat just merely out of fuel and human survival. We want to keep that emotion to part of it. But I would like to know from you, what your biggest take away is.

>> MELANIE ORDONEZ: Maureen, we have a lot of people answering this. For those of you who are answering, please type your comment or your answer in the poll question itself, at the very bottom where it says type your answer here, and click the icon to the right, that is what will broadcast your answer to everyone. We are broadcasting these but they are completely anonymous. Really great responses, Maureen. People have heard what you have to say and look like they are ready to take some of these tips and start moving forward.

>> MAUREEN PRINSTER: Fantastic. Yeah, I see, understanding the why, letting it go. I love that. Not turning to food based on just emotion. Structure. Yes. Structure, I'm telling you, it is huge, it really is. It's not glamorous, it's not fun all the time. But I just had a coaching appointment earlier today with someone who talked about how they just do so much better when they are doing things in a structured way. With their overall health and it's so true.

Mindful eating. Set small goals. This is great. Thank you all so much for sharing this.

>> MELANIE ORDONEZ: Yeah, thank you.

>> MAUREEN PRINSTER: It's a personal topic.

>> MELANIE ORDONEZ: It is, Maureen. It's hard to talk about and discuss. We had people pouring their hearts out here and asking questions. I know we won't be able to get to all of them today. I want to remind everyone, I will move this poll question out of the way for now. I want to try to keep it up here for people. Let me see if I can, yeah, there we go. I want to remind you about your benefits available to you through your program. I can move this poll question, I can't get it out of my way. I want to remind you, we are available 24 hours a day, 7 days a week. It might be through your E.A.P. or Embrace program, one of those. If you are not sure how to get a hold of us, or where you can access this benefit, I'm actually going to share with you a website where you can look up your benefit. Now you may have to put your parent company in here to find your specific website. I do want to let you know that. If you can't find your website, reach out to your H.R. or leadership, and they can guide you to find your E.A.P. or your Embrace program. We are here. This is not at any cost to you. Totally confidential, no one will tell your employer, unless you ask us to do, that you used these services. They are wonderful. You may have coaching available. Often times some of the questions, many of them are really specific. Asking questions like how do I know if this is emotional eating or that is. That would be something you would want to call

in person, so they could ask you some more detailed questions and be sure to answer you appropriately. And this is not necessarily the platform for that today. So I do want to encourage you to call in, if you will. I also want to just share another free resource that we have. And also within your handouts, if you are able to download them. You will have this particular resource. It's a free resources about mindful eating. The physician that runs this site. There may be some opportunities if you look around on that site to purchase things. We are not endorsing that or asking you to purchase anything. We are just letting you know there are some free resource that's are out there and she gives some great information. So I'm sharing that with everyone.

So Maureen, we have a couple minutes here to answer questions. I will grab a couple and see what we can get answered.

>> MAUREEN PRINSTER: Sure.

>> MELANIE ORDONEZ: I always thought that my emotional eating was due to lack of self control or will power. But are you saying that is not it at all? Is that correct?

>> MAUREEN PRINSTER: That is correct, actually.

Yeah, emotional eating, it's a complicated beast. I mean, it's not just this, as we saw in that one slide being on a spectrum. There's not just one piece to it. And a lot of it, again, is your biology, is the way your brain functions. It's hormonal. But you know, that's what we are trying to do here is create that awareness. Making you more conscious of why you eat, how you are eating as well.

So hopefully, you know, that awareness can help you figure out, okay, what maybe do I need to do a little bit differently. Emotional eating, especially the high sugar, high fat foods releases opioids in the brain. Which some people will say, is similar to what is happening say when someone does a drug, or cigarettes or something else very addictive. It gives a calming, soothing effect. So we need to figure out other ways to deal with those negative feelings and to be able to reduce that emotional eating. Again, are we going to be able to completely eradicate this? No. But we can reduce it's severity and frequency.

>> MELANIE ORDONEZ: Thank you, Maureen. I would like to do one more question here, because we do have a few of them. I never thought of myself as an emotional eater but now I'm rethinking that. Are there other books or resources you can recommend?

>> MAUREEN PRINSTER: Absolutely. One I really like is, it's pretty popular it's called "Intuitive Eating" the author is Evelyn Trippold and Resch. It's not necessarily all about emotional eating but mindful eating, how to be more in tune with your body but it's helped so many people. There's another one, "Eat what you love, love what you eat" by May. There's also a journal that goes along with that. That's helpful. A lot of us don't think of ourselves as emotional eaters. You might not be, and that's okay. Or you might just be a "Normal" emotional eater. But if you think it's affecting your quality of life, affecting your weight, then maybe looking at one of these resources may be helpful for you.

>> MELANIE ORDONEZ: Great. Dr. May is one of the free resources I put in the Q&A already. She has a book as well. I will put those book names in here for people, in case they would like to look that up for themselves. It looks like we have run out of time. I do appreciate everyone for joining today. This is a pretty hot topic, especially the time of year we are at. I want you to ask to please fill out our satisfaction poll, answers are very satisfied, satisfied, dissatisfied or very dissatisfied. We aren't broadcasting those to everyone. The certificate of completion and handouts are at the bottom of your screen. Hover over the title to click on the download arrow that will allow you to save that document to your computer. Be sure to save it somewhere you can find it. And we do appreciate everyone's time today. If you are having further questions or you want a consultation with a professional, please call in to your benefits and ask for one. They can help you sort through some of this. Remember, it's not something you have to fix today. This is a journey you are on and we are here to help you. Thank you again, so much, Maureen for sharing all of your wisdom. We appreciate you.

>> MAUREEN PRINSTER: You are welcome. Thank you. Thank you for having me.

>> MELANIE ORDONEZ: Yeah, yeah, we appreciate you for sure. All right, this ends our webinar today, everyone. Have a wonderful rest of your day.