

SUMMERVILLE

Family Health Team

FROM STRESS EATING TO MINDFUL EATING

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GROUP PRIVACY STATEMENT

This session is reserved for the sharing of less sensitive information, mainly, educational materials relating to nutrition, exercise and stress management

Virtual sessions do have some inherent privacy and security risks that there is a chance your personal log-in information may be intercepted or unintentionally disclosed

It is possible that there could be a problem with the technology and your session could be cut short and/or interrupted

We will not be recording the session, and ask that you not record the session, either



GROUP PROTOCOL

Keep your microphone muted unless you would like to share

Speak up when invited, to ask a question verbally

Your participation is encouraged!

Interactive Opportunities

- Polls and questions – click and submit!
- Chat box – type in your question and choose to send to “everyone” or direct it to the facilitator

IN TODAY'S SESSION, WE HOPE YOU WILL:

1. Learn about mindful eating and the benefits
2. Learn how to listen and respond to your body's natural hunger and fullness cues
3. Find balance by enjoying foods that nourish your body and soul
4. Learn about food cravings and tips on managing them
5. Learn several behavioural change strategies



WHAT IS MINDFUL EATING?

- The practice of paying attention to what we eat using all five senses
- The intention is to enjoy and savour our food and the eating experience
- Mindful eating focuses on HOW we eat, not WHAT we eat

Mindful Eating

www.eatingmindfully.com



ARE YOU A MINDLESS EATER?

1. Often eats while multitasking – watching TV, driving, working, etc.
2. Sometimes eats until uncomfortably full
3. Finishes the bag/box of snacks without realizing
4. Eats very quickly
5. Eats for reasons other than hunger (boredom, stress, etc.)



ARE YOU A MINDFUL EATER?

1. In touch with body cues of hunger and fullness
2. Eats when hungry and stops when full
3. Usually avoids distractions while eating
4. Eats slowly and enjoys food
5. Enjoys treats in moderation without guilt



MINDFUL EATING ACTIVITY



BENEFITS OF MINDFUL EATING

- Reduces food cravings
- Reduces unhealthy eating habits
- Reduces levels of stress and anxiety
- Helps with weight management
- Helps with management of chronic diseases such as diabetes
- Help reduce disordered eating behaviours
- Increases enjoyment of food
- Improves digestive issues such as bloating

MINDFUL EATING TIPS

1. Sit down at the table
2. Plate your food nicely
3. Eat with others when possible
4. Light a candle or turn on relaxing music
5. Eat slowly and chew your food thoroughly
6. Put your fork down between bites
7. Check in with your hunger level throughout the meal
8. Be ok with not finishing your plate
9. If you finish eating and are still hungry, set a timer for 15-20 minutes, and if still hungry, have more to eat



HUNGER AND FULLNESS SCALE

The Hunger Scale



TYPES OF HUNGER

Internal eating trigger:



Stomach Hunger

- Physical hunger, eating for your health

External eating triggers:



Mouth or Taste Hunger

- Craving food with a particular flavour, texture or aroma



Heart Hunger

- Eating in response to a feeling or emotion



Head Hunger

- Eating in response to a rule or a learned behaviour

WHY DO I EAT?

“Am I hungry?” or

“Do I have the BLAHS?”

B – bored

L – lonely

A – angry/anxious

H – happy

S – sad/stressed



WHAT TO DO IF YOU OVEREAT

1. **Practice acceptance and self compassion**
2. Go for a walk or do gentle yoga to help with digestion
3. Stay hydrated
4. Listen to your body, when you are hungry again practice eating until satisfied
5. Make a plan for next time



3 KEY ELEMENTS OF SELF COMPASSION

1. **Self kindness** – treating and speaking to ourselves as we would a friend or loved one
2. **Common humanity** – recognizing that many people struggle with this and we are not alone and there is nothing “wrong” with us
3. **Mindfulness** – noticing negative thoughts and feelings without judgement

Self compassion can help us get back on track more quickly after a slip up

“JUST 1 BITE” CHALLENGE

- Many people are part of the “clean plate club”
- You may have learned as a child to finish your plate before you can leave the table
- At your next meal, practice leaving 1 bite uneaten on your plate
- Over time, the goal is to listen to hunger and fullness cues
 - To stop eating when satisfied, even if there is still food on the plate
 - To get seconds if you are still truly hungry



RETHINK WILLPOWER

When trying to change eating habits, people often blame themselves

- “I just need more discipline”
- “I don’t have the willpower to avoid certain foods”

Relying on willpower alone usually does not work

- We may lose willpower when we are tired or stressed
- Habits are VERY strong and difficult to break
- Many goals are based on extrinsic (external) motivation, which relies a lot on willpower
 - Such as following a diet or cutting out foods because someone else told you to

RETHINK WILLPOWER

Instead, let's focus on:

1. Renovating our environment to help us rather than sabotage us
2. Self care and managing stress so we can have the energy to make healthy choices
3. Finding a balance where we eat things that nourish our body and soul
4. Replacing unhealthy habits with healthier ones
5. Developing intrinsic (internal) motivation by choosing goals that inspire us and align with our values

RENOVATE YOUR ENVIRONMENT

Which environment is better for mindful eating?



RENOVATE YOUR ENVIRONMENT

Poll #1

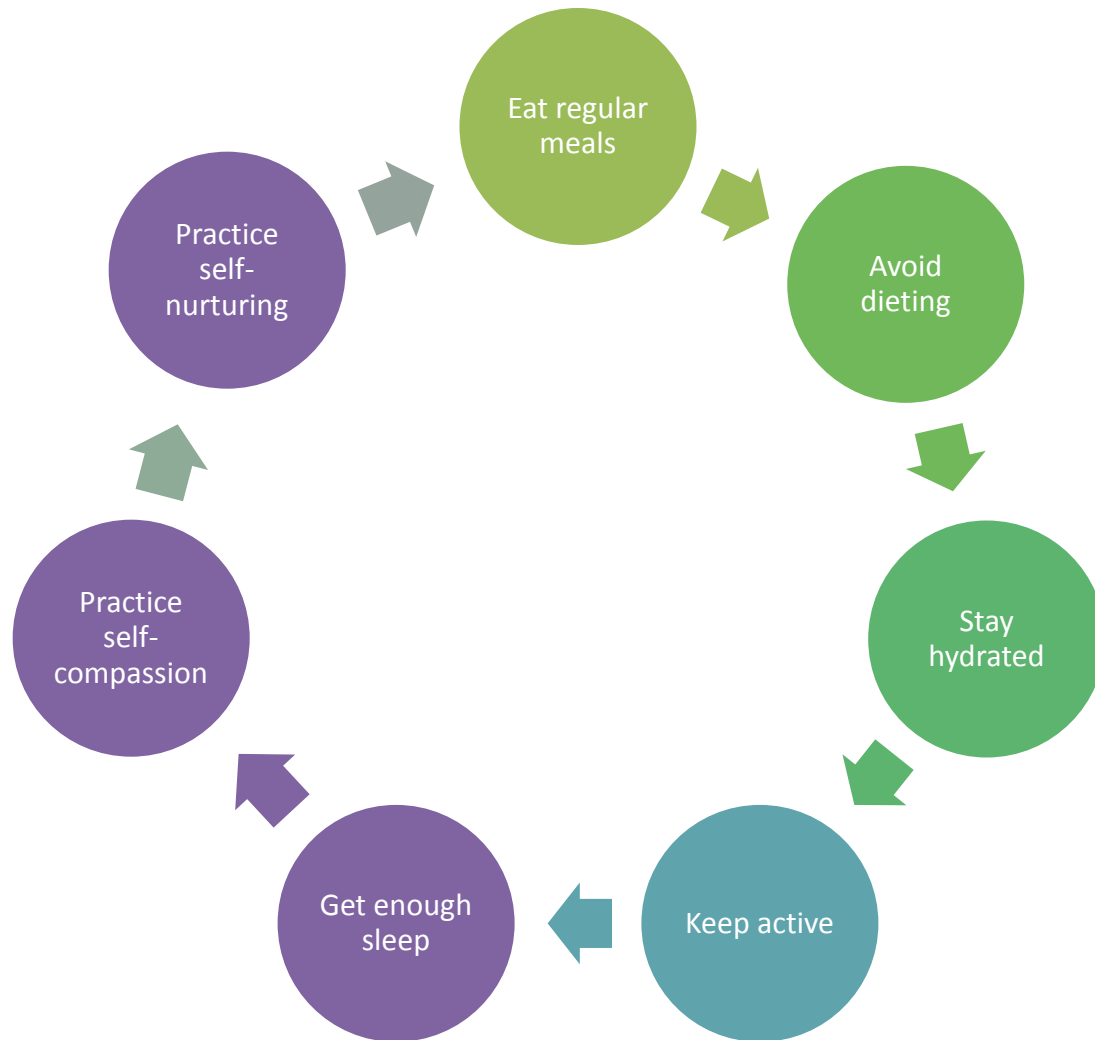
1. Keep tempting foods out of the house if possible
2. Do not eat straight out of the bag/box
3. Put less healthy options out of sight
4. Avoid the “better deal” when grocery shopping
5. Make healthy food choices as convenient as possible
6. Set up a nice space to eat – clear your table of any clutter, make it pleasant (ex. candle, placemat, etc.)
7. Rethink your route (ex. drive a different route to work to avoid a tempting fast food place)
8. Re-arrange your living space (ex. Try to have separate areas for eating, watching TV, and sleeping)

SELF CARE 101

- Mindful eating is a form of self care
- Self care is not selfish
- When we don't meet our basic self care needs, we may:
 - Feel tired and run-down
 - Have difficulty concentrating
 - Experience more food cravings
 - Feel depressed, anxious, stressed, short-tempered



SELF CARE 101



SELF CARE

- Many of us often respond to stress by turning to food
- Try self-nurturing first:
 - Deep breathing/meditation
 - Take a walk
 - Read a chapter of a book
 - Call a friend
 - Play a game
 - Take a bubble bath
 - Go window shopping
 - Write in a journal
 - Create a painting
 - Other ideas?



Self-Care Checklist

Self-care is an important part of maintaining a healthy lifestyle, reducing stress and managing emotional eating. Use this chart to monitor your daily self-care goals in order to help you stay on track! Use the blank spaces at the bottom of the page to write in any additional personal care goals that you'd like to work on.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks (if needed)							
Drink Water							
Take Meds/ Supplements							
Activity							
Hours of Sleep							
Do something for myself							

FINDING BALANCE

The 80/20 Rule!



HEALTHY EATING INCLUDES BOTH FOOD FOR OUR BODY AND FOOD FOR OUR SOUL



Food for the body – ‘nutritious food’ required by our body for the vitamins, minerals, fibres, healthy fats that are essential to maintaining good health and keeping our body functioning at it’s best.



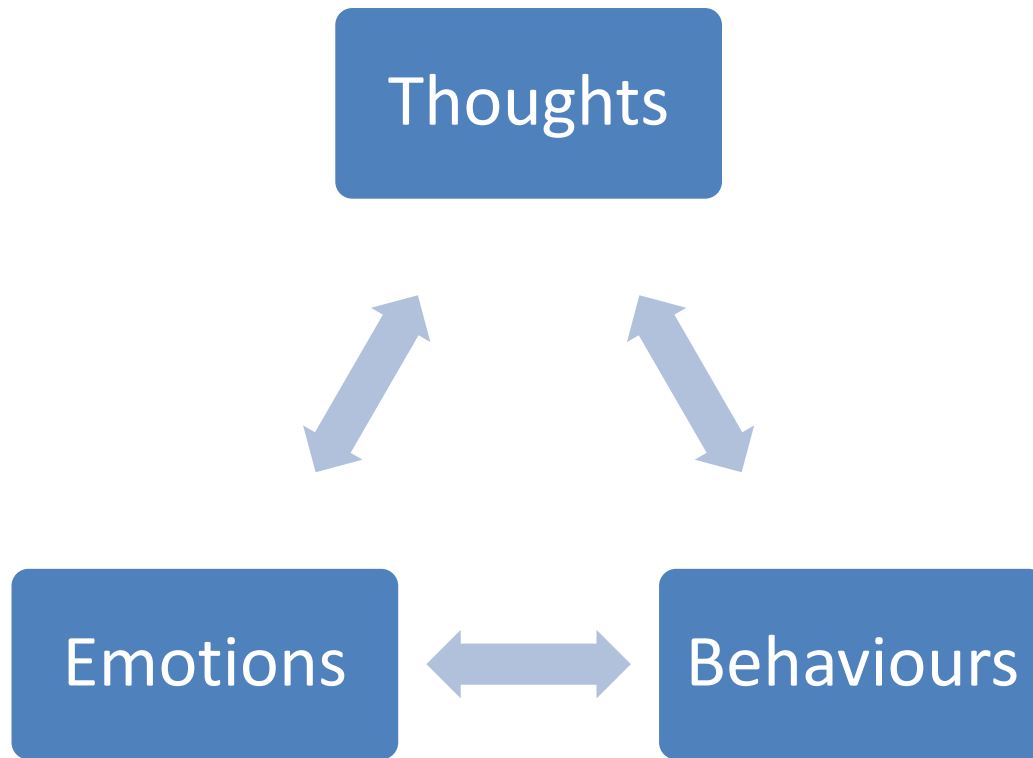
Food for the soul – ‘enjoyable food’ designed to taste amazing. Can illicit a very pleasurable sensory experience.

Getting the right balance of good nutrition that will nourish your body while giving **permission** to eat other pleasurable foods that nourish the soul is ok! Healthy eating is not about deprivation or perfection. The key to good health to find a balance that is right for you and your body.

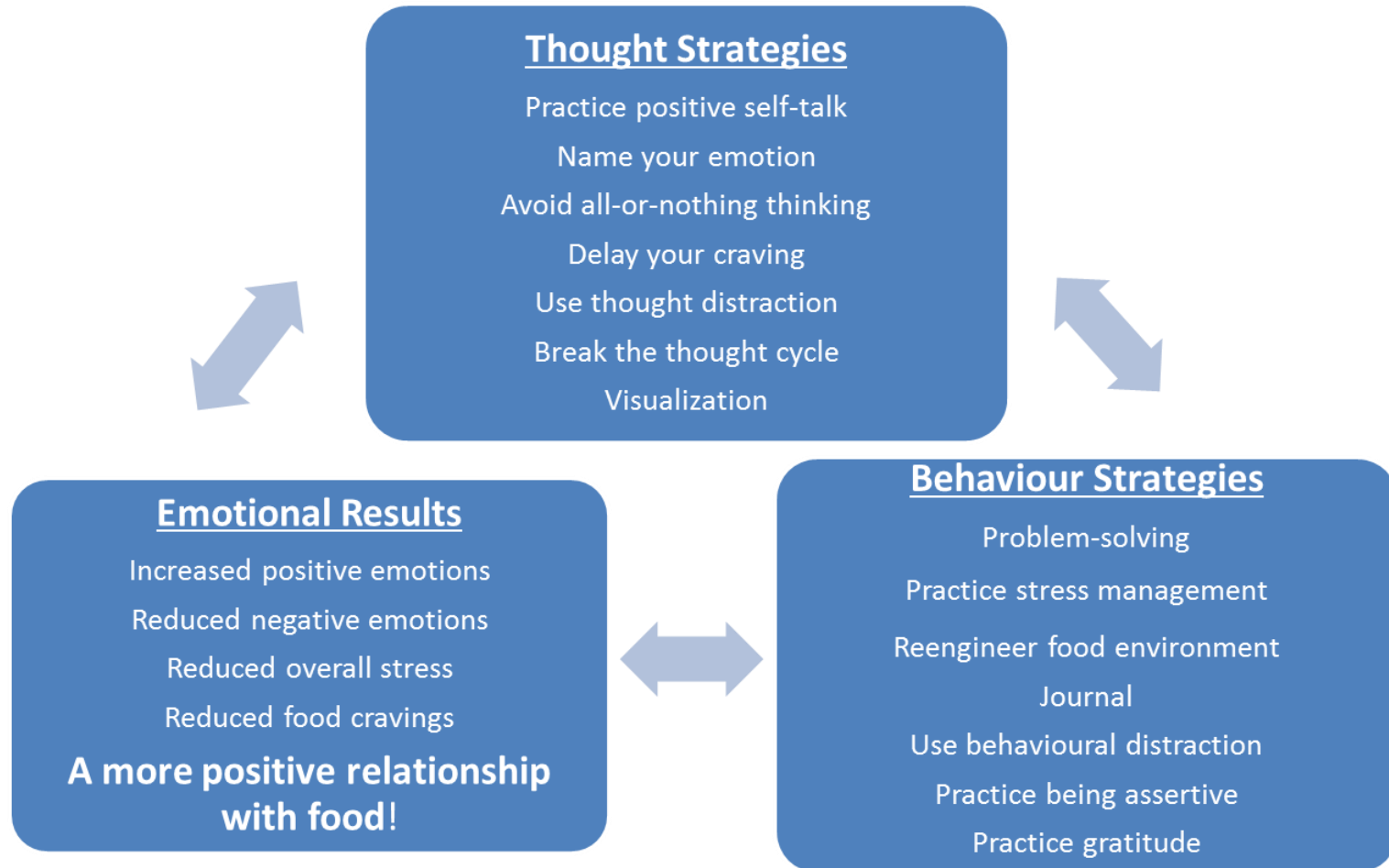
Normal eating is going to the table hungry and eating until you are **satisfied**. It is being able to choose food **you like** and eat it and truly get enough of it – not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get **nutritious** food, but not being so wary and restrictive that you miss out on **enjoyable** food. Normal eating is giving yourself **permission** to eat sometimes because you are happy, sad or bored, or just because it feels good. Normal eating is three meals a day or four or five or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful. Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more. Normal eating is **trusting your body** to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life. In short, normal eating is **flexible**. It **varies** in your response to your **hunger**, your **schedule**, your **proximity** to food and your **feelings**.

Ellyn Satter 1998

COGNITIVE BEHAVIOURAL MODEL (CBT)



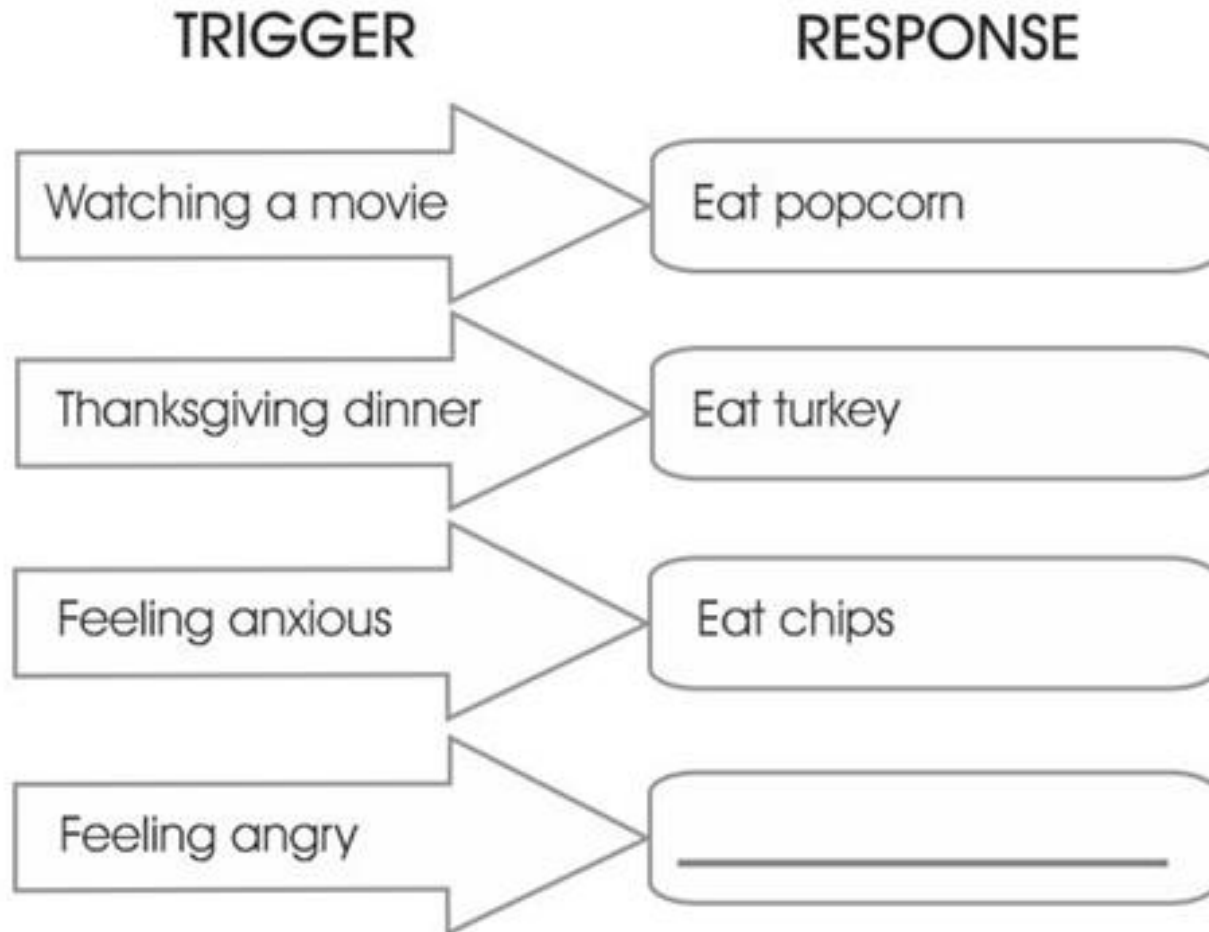
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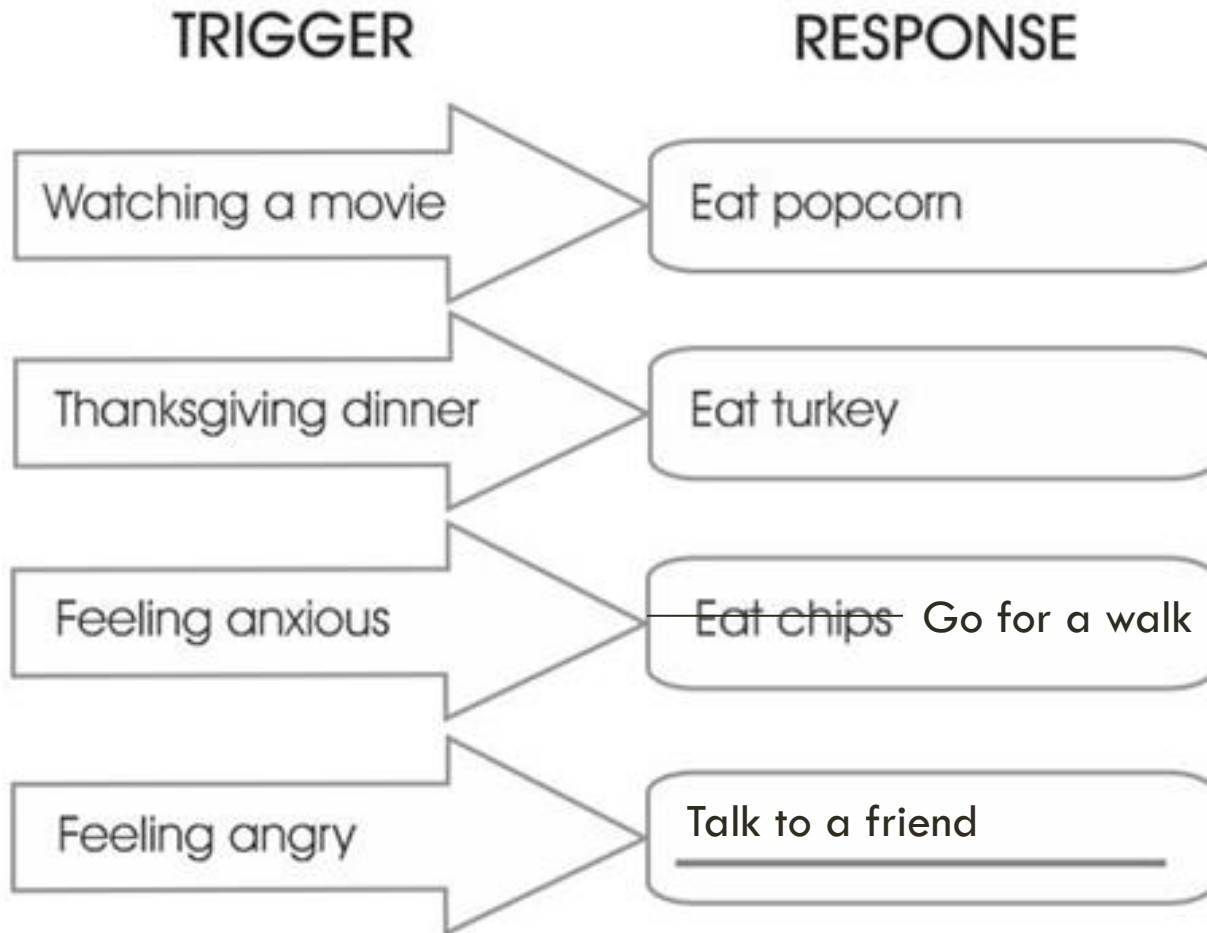
Practice Positive Self-Talk

Negative or unhelpful thought	Evidence for this thought	Evidence against this thought	Positive counter-thoughts
“I’m such a failure, I can’t stop eating chips!”	No matter how often I’ve tried to cut out chips, I always seem to fall of track.	I’ve been successful in cutting back on chips and making healthier snack choices in the past. I don’t need to completely cut out chips or avoid the foods that I love eating.	“I can do this!” “I am successful.” “I’ve made changes in the past and will be successful in the future.” “I’m worth the effort.”

HABITS



HABITS



CRAVINGS

Poll #2:

Strategy: Quick! Distract Me!

- Challenge your mind
 - Recite the alphabet backwards
 - Complete a crossword puzzle or Sudoku
- Shift your location away from food
 - Water your plants or garden
 - Go for a walk
- Distract yourself with an activity where you cannot eat at the same time
 - Play a video or computer game
 - Knit
 - Paint your nails



DELAY YOUR CRAVING

A Typical Craving

Strength of
Craving



0

5

10

15

Time (minutes)

DELAY YOUR CRAVING

Use STOP before using a CBT strategy.

Stop, Take a breath, Observe, Proceed with awareness and kindness. Observe what is happening before proceeding. Check in to determine if you're experiencing stomach hunger. Have you eaten regular meals today? Have you had enough to eat at your meals?

DELAY: start with delaying by 1 minute and gradually work up to 10-15 minutes. Use distraction while you delay. With time, you'll learn your own craving pattern and your cravings will become less frequent and less intense.

If your craving didn't go away after 15-20 minutes or you weren't able to wait that long to find out, give yourself **permission** to eat the food you are craving. This is not about depriving yourself. Rather, it is about creating additional space between the eating trigger/food craving and your automatic response of eating.

Be sure to reward yourself after each delay with non-food related rewards such as self-praise. Repeat positive statements to yourself such as "I was stronger than my food craving", "I did it!", "I was successful in delaying my food craving".

CAUTION: Do not use this strategy as an attempt to "eat less". Honour your body and your hunger. If however, you have determined that you are not experiencing stomach hunger in this moment, you can try delaying your craving.

ARE YOU READY TO MAKE A CHANGE?

**THE FIRST STEP
TOWARDS GETTING
SOMEWHERE IS TO
DECIDE THAT YOU ARE
NOT GOING TO STAY
WHERE YOU ARE.**

quoteslife101.net

PERSONAL MOTIVATORS

What matters most to me?

- Having more energy
- Seeing my kids/grandkids grow up
- Having less pain
- Being able to be active
- Living a longer life
- Sleeping well
- Decreasing the amount of medication I take
- Having more self confidence
- Being a positive role model for others



PERSONAL MOTIVATORS

My Core Values:

Examples:

I want to be active and feel energetic enough to keep up with my grandchildren

I enjoy being outside in nature

I want to feel good physically and mentally

Write down 3 core values related to your health:

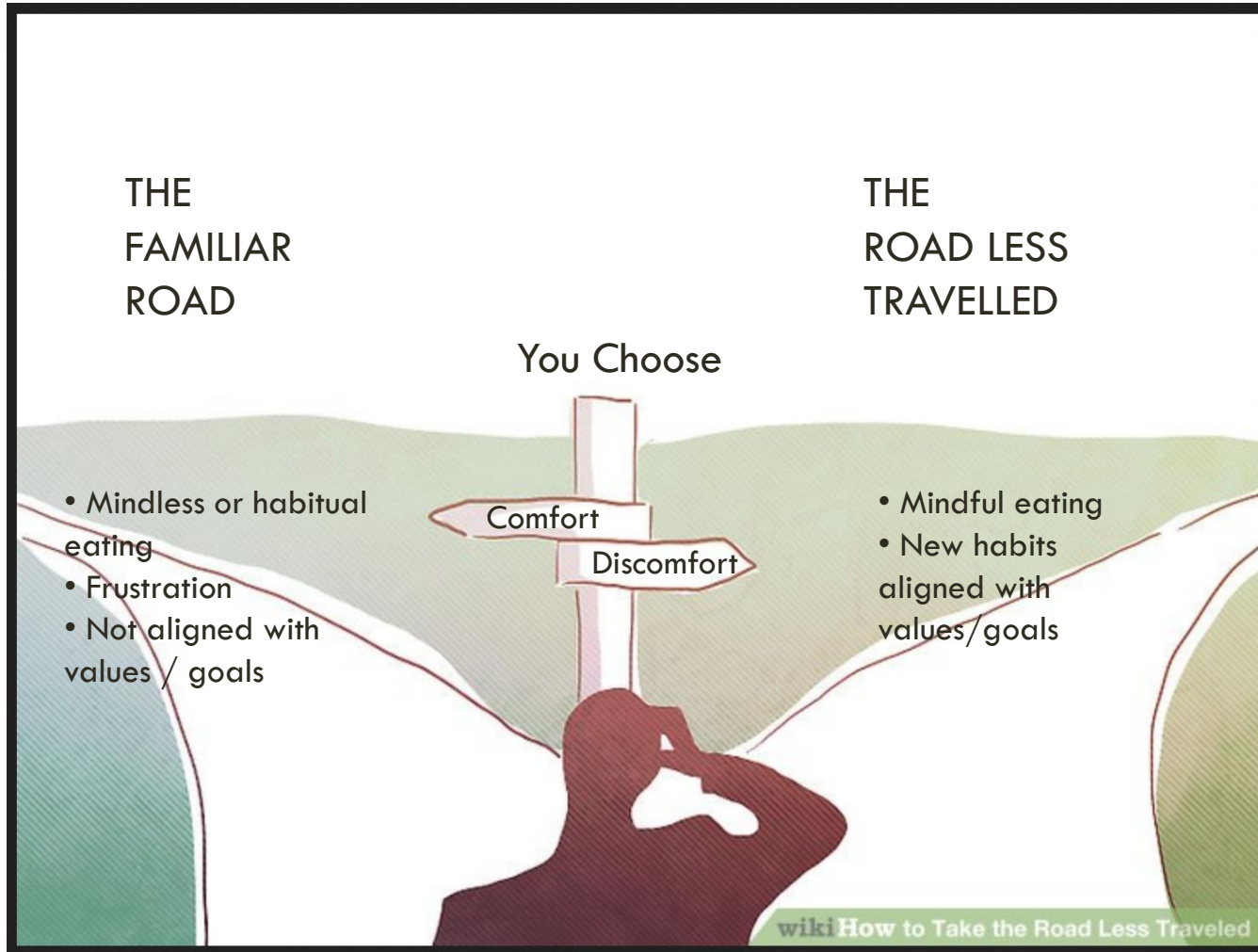
1. _____

2. _____

3. _____

Refer back to this list when setting your goals or any time you need some extra motivation!

FROM STRESS EATING TO MINDFUL EATING



FROM STRESS EATING TO MINDFUL EATING

It is easy to follow the familiar road but if this isn't aligned with your values and health goals, consider choosing the Road Less Travelled – try mindful eating strategies or new responses to food triggers that do align with your value and goals.

And remember, self compassion is essential – changing habits is not about perfection nor is it a race to the finish line – it's about being kind to ourselves while we work on developing new skills.

QUESTIONS/COMMENTS

We want your feedback! A quick survey will be sent to you after this presentation. We appreciate any feedback for future sessions.

Upcoming webinar topics:

Mindful Meditation: October 27, 10-11 am

Boning Up on Bone Health: November 27, 12-1:30 pm