

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in the white space between these shapes.

Mindful Eating-The Beck Healthy Eating Solution Session #1/4

- ▶ Welcome to this self paced education module based on cognitive behavioral therapy concepts and the book “The Beck Diet Solution” by Judith Beck Ph.D. These strategies will help you manage thoughts and behaviors as you progress in your health journey.
- ▶ Please have a piece of paper or notebook handy to jot down questions/make notes.

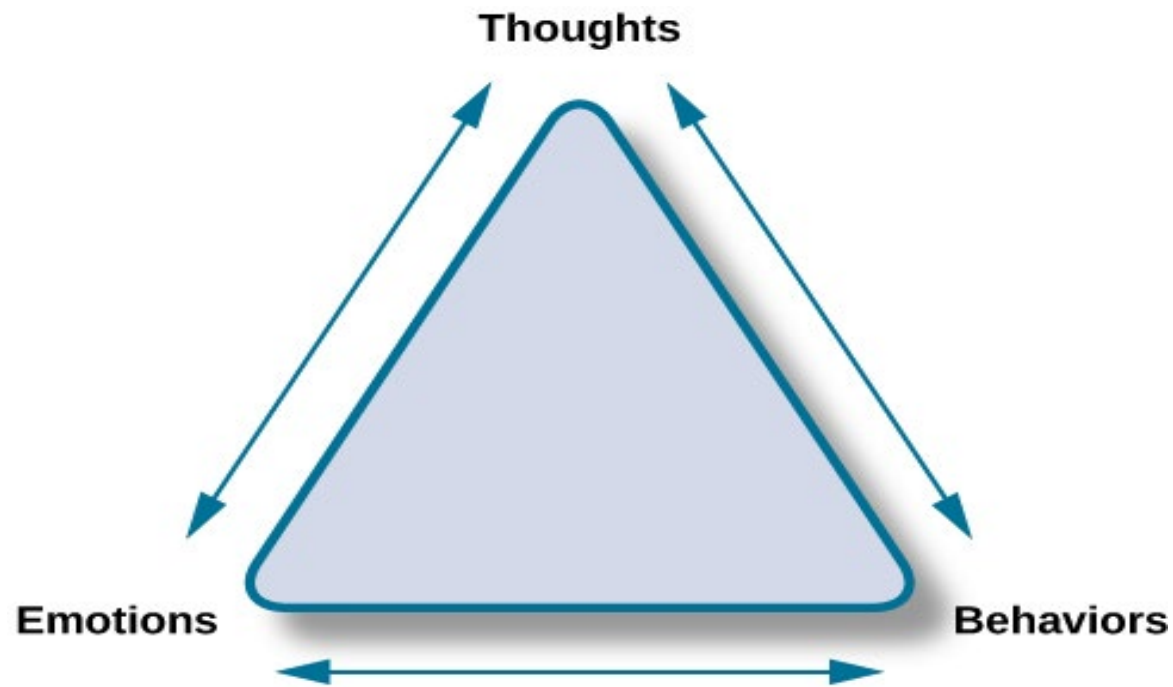
Review notes and/or questions with the social worker at your next visit

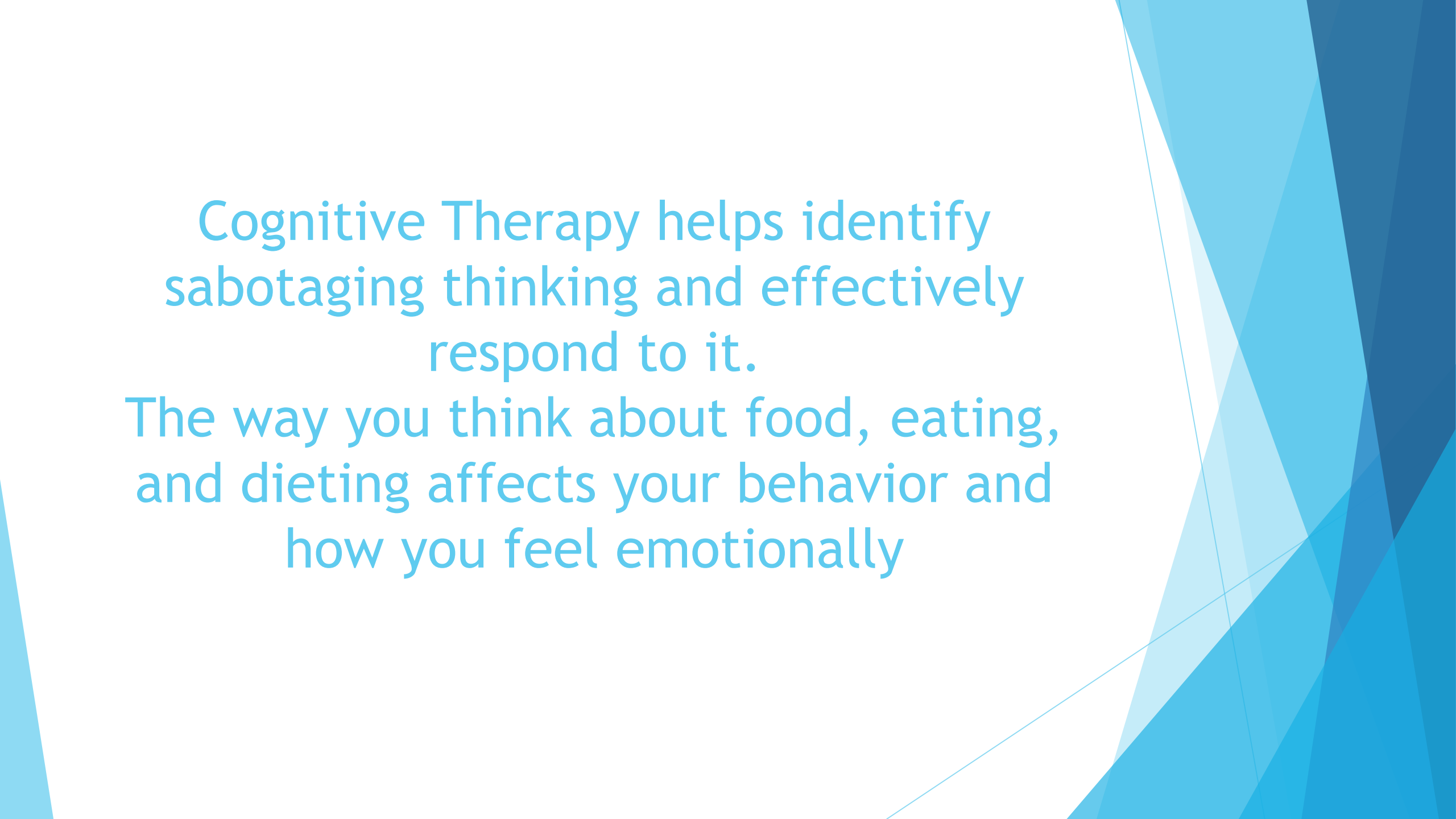
Do These Phrases Sound Familiar?

- ▶ I know I shouldn't eat this, but I don't care
- ▶ It's okay if I eat this just this once
- ▶ I've had such a hard day, I deserve to eat this
- ▶ I can't resist this food
- ▶ I'm upset. I have to eat
- ▶ I ate something I shouldn't. I may as well blow my diet for the rest of the day
- ▶ This is hard. I don't want to keep dieting
- ▶ I'll never lose weight

No More “Cheating”—
using the terms
unplanned eating and
overeating

Beck Diet Solution based on Cognitive Therapy



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Cognitive Therapy helps identify sabotaging thinking and effectively respond to it.

The way you think about food, eating, and dieting affects your behavior and how you feel emotionally

Being successful in weight loss and keeping it off-you will have to problem solve:

- ▶ Feeling overwhelmed by the requirements of healthy eating
- ▶ Feeling deprived
- ▶ Feeling discouraged when you don't lose weight consistently
- ▶ Feeling stressed by other life problems

Crucial factors for weight loss success

- Choose nutritious eating plan
- Create time and energy implementing the eating plan
- Plan what and when you are going to eat
- Seek support
- Deal with disappointment
- View overeating as a temporary problem that you can solve
- Cope with hunger and cravings
- Eliminate emotional eating
- Give yourself credit

What Really Makes You Eat

Eating is not automatic (like breathing). You may not be conscious of it, but you always have a thought before you eat.

Thoughts that lead you to act in unhelpful ways are *sabotaging thoughts*.

Sabotaging Thoughts:

- ▶ Encourage you to eat-permission giving thoughts allow you to rationalize what you eat
- ▶ Undermine your confidence-resistance muscle or giving in muscle
- ▶ Disregard information provided through this education
- ▶ Increase general stress level

Eating begins with a Trigger

- ▶ Biological Trigger-hunger pangs, thirst, and hormones
- ▶ Environmental Trigger-seeing, smelling, watching TV about food
- ▶ Mental Trigger-thinking about food, reading a description of food, recalling something you enjoyed
- ▶ Emotional Trigger-unpleasant feelings such as boredom, fear, sadness, anger, and frustration
- ▶ Social Trigger-people who urge you to eat or situations in which you want to be able to eat like everyone else

From Trigger to Eating

You encounter a trigger



You have a thought



You make a decision



You act

Characteristics that influence eating habits

- ▶ You confuse hunger with the desire to eat
- ▶ You have low tolerance for hunger and cravings
- ▶ You like the feeling of being full
- ▶ You fool yourself about eating too much
- ▶ You comfort yourself with food
- ▶ You feel hopeless and helpless when you gain weight
- ▶ You focus on issues of unfairness
- ▶ You stop paying attention when you lose weight

Ready? -Lets get started!!!

Getting ready with learning cognitive techniques to prepare mind and environment for healthy eating

Talking back to sabotaging thoughts is essential!
You will develop skills to do this.

You will need a coach (support), practice, time, energy, and the right mindset

How to motivate ourselves-

- ▶ Make response card listing the advantages of losing weight
 1. Read card at least twice daily at scheduled times-have ready when needed
 2. Whenever you find yourself struggling with cravings, temptation, and sabotaging thoughts-read your card

Give Yourself Credit

- ▶ Create a credit account for every time that you acknowledge a positive behavior drop a coin or dollar into a special container
- ▶ Make a note in your notebook if you were having a struggle
- ▶ Review and acknowledge what you have done

*If you make a mistake in your eating do not be too critical-this will impact your confidence instead tell yourself something like “This is hard...I’ll get better at this and next time I will....”

Eat Slowly and Mindfully

- ▶ When eat slowly, give your brain time to register when full
- ▶ When you notice and enjoy every mouthful, you feel more satisfied when your food is gone

How to Slow Down-

- ▶ Change something in your eating environment-such as cloth napkin/different dishes
 - ▶ Set a timer to beep every one to three minutes
 - ▶ Take sips of water after every few bites
 - ▶ Eat something hot
 - ▶ Pay attention to your body
 - ▶ Look at the clock-notice when starting and finishing

How to notice what your eating

- ▶ Eat in relaxed atmosphere
- ▶ Focus intently on your food
- ▶ Train yourself to eat with minimal distractions

Find a Healthy Eating Plan Coach

- ▶ Person helps keep you motivated
- ▶ Builds your self confidence
- ▶ Help solve problems
- ▶ Keep you accountable

Arrange Your Environment

- ▶ Remove personal temptations
- ▶ Rearrange your dishes
- ▶ Consider others
 - ▶ Tell everyone at home you're going to be eating in more healthy way
 - ▶ Ask "Would you be willing to help me make changes?"
 - ▶ Announce to your children the changes you intend to make
- ▶ Do creative problem solving

Next Session:

- ▶ Bring notebook
 - ▶ To document successes or accomplishments with healthy eating
 - ▶ Any challenges faced
 - ▶ Questions/concerns