

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a clean, white space where the text is positioned.

# Mindful Eating Session #2

# Welcome Back

- ▶ Read Response card twice day
- ▶ If you haven't already...
  - ▶ Record successes or accomplishments with healthy eating
  - ▶ Any challenges faced

# Create Time and Energy

- ▶ Plan your meals
- ▶ Shop for food you will need
- ▶ Prepare your meals
- ▶ Sit down and eat meals slowly
- ▶ Exercise
- ▶ Complete and check off tasks on to-do lists

# Create a “My Schedule”

Weekly Schedule

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

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# Select an Exercise Plan

- ▶ Exercise helps you stick with your diet
- ▶ Exercise might help control appetite
- ▶ Exercise boosts mood and soothes stress
- ▶ Exercise burns calories
- ▶ Exercise preserves muscle tissue
- ▶ Exercise builds confidence
- ▶ Exercise makes you feel better physically
- ▶ Exercise improves your health and helps prevent disease

# Types of Exercise

- ▶ Spontaneous-taking advantage of situations you are in to get more exercise
  - ▶ Try to take stairs when can
  - ▶ Park farther away and walk the extra distance
  - ▶ When go to the mall walk a full circuit before starting to shop
- ▶ Planned-setting up specific time to do a specific type of exercise
  - ▶ Take a walk or run daily
  - ▶ Join a gym
  - ▶ Swim or water aerobics
  - ▶ Exercise classes
  - ▶ Hire personal trainer
  - ▶ Exercise to video tape at home

# Set a Realistic Goal

- ▶ What is your goal?
  - ▶ To get to certain weight?
  - ▶ To fit into a particular size?
  - ▶ To look the way when you were younger?
  
- ▶ Important to set a long term and short term goal-write goal in notebook

When accomplished CELEBRATE in some non-food related way



# The Difference Between Hunger, Desire, and Craving

- ▶ Hunger-when you have fasted for several hours and your stomach is empty
  - ▶ Desire-not being particularly hungry but eating because there is food around
  - ▶ Craving-a physiological and emotionally intense urge to eat
- 
- ▶ Example:
  - ▶ You hadn't eaten for any hours and really felt ravenous. That empty sensation in your stomach, often times rumbling, was *hunger*
  - ▶ You ate a big meal and yet you still wanted to continue to eat more. That was *desire*.
  - ▶ You had a very strong urge to eat, which was accompanied by feeling of tension and an unpleasant yearning sensation in your mouth, throat, or body. That was a *craving*.

Before sitting down for meal, notice how your stomach feels

Halfway through the meal notice how your stomach feels

Rate your hunger once you've finished eating

Use your notebook to make a note on a scale of 0-10 for each of these moments

\*\*If it has been anywhere from 20 minutes up to 3 hours since you've eaten a reasonable sized meal, remind yourself that any urge to eat is probably due to a desire to eat and not actual hunger

## Hunger Scale Chart



**If you score 1 or 2  
you exhibit  
extreme hunger.  
When you eat at this  
level, take it slowly.**

**If you register 4, 5 or  
6, you're  
probably quite hungry  
so its time to eat.**

**If you register 7 or  
above, you are more  
than likely not hungry.  
What do you really  
want?**

# Question for Notebook

- ▶ To learn to figure out when I'm really hungry, I'm going to .....

# Practice Hunger Tolerance

- ▶ Sometimes anxiety increases with the thought of being hungry-
  - ▶ Can feel like an emergency to be hungry
  - ▶ Learning to tolerate hunger pains is very important—not feeling like have to respond to immediately by eating and learning hunger pains can subside
  - ▶ Experiment (medically if can do): Pick a day and skip lunch-doing this will help you realize that hunger is NOT an emergency and you can make it through
  - ▶ You don't have to eat when your hungry. Just because you want to eat doesn't mean you always should.

## Sabotaging Thoughts Might say...

I don't want to keep doing this...this is too uncomfortable

Remind self that have been times in your life when you've been hungry but survived: fasting for medical procedure, having to wait at restaurant

I should eat when I'm hungry. Isn't that what everyone does?

Most people don't eat every time they're hungry. They wait until their next meal. I need to learn this skill too.

Why should I deliberately make myself feel uncomfortable by skipping lunch?

I need to experience hunger to decrease my fear of it. This experiment will help reduce my anxiety about hunger in the future. The best way to get over my fear is to face it. This experiment will strengthen me for the next time I'm hungry and it's not time to eat.

# Overcome Cravings

- ▶ A craving is a very strong urge to eat, which is accompanied by a feeling of tension and an unpleasant yearning sensation in your mouth, throat, or body.
- ▶ When you stop or limit eating the foods you crave (usually fast food, sweets, salty) your cravings will diminish significantly
- ▶ To weaken the intensity or reduce the frequency of cravings-you have to stop giving in to them—flexing the resistance muscle
- ▶ Waiting out a craving increases your ability to tolerate cravings and increase your confidence to do so
- ▶ Discovering you can tolerate cravings is one of the MOST important things you need to learn to lose weight and keep it off

# How To Measure Your Cravings

- ▶ Use your notebook to record

  - How long your craving lasted

  - How uncomfortable it is on the discomfort scale of (0-10)

  - Which anti-craving technique you used



# Anti-Craving Strategies

- ▶ 1. Label It-Tell yourself, *This feeling is just a craving....it's uncomfortable and intense but (like hunger) it's not an emergency.*
- ▶ 2. Stand Firm-Your absolutely not going to eat the food your craving. Don't want to strengthen the "giving in" muscle and weaken your "resistance" muscle.
- ▶ 3. Don't give yourself a choice. The emotionally painful part about a craving is the struggle you feel.
- ▶ 4. Imagine the aftermath of giving in.
- ▶ 5. Remind yourself why you want to learn to withstand cravings

# Behavioral Techniques

- ▶ 1. Distance yourself from the food you crave. Either remove the food from your environment or distance yourself.
- ▶ 2. Drink a no- or low-calorie beverage.
- ▶ 3. Relax-deep breathing or relaxing music
- ▶ 4. Distract yourself

Remind self NO CHOICE-with practice, the craving intensity and times will diminish

# Question for Notebook

- ▶ When I have a craving, I'll.....

# Plan for Tomorrow

- ▶ I don't really have to do that, do I?
- ▶ It's so much trouble. I don't want to do it.
- ▶ That means I can't just eat whatever I feel like eating.
  
- ▶ Planning helps:
  - ▶ Think about how you're going to get and prepare food on your eating plan.
  - ▶ Remember what you're supposed to eat and when
  - ▶ Eliminate spontaneous eating
  - ▶ Tolerate occasional hunger and cravings and learn that you can withstand them
  - ▶ Make decisions about eating before you encounter triggers.

# Monitor Your Eating

- ▶ Follow your food plan-have it in writing
- ▶ Monitor your eating
- ▶ Give yourself credit every single time you stick to your plan
- ▶ Respond to sabotaging thoughts if you eat something you shouldn't

Plan and monitor your eating in writing every day

Make a commitment to write down everything you are going to eat for just for one week-then decide to commit to another week.

# Prevent Unplanned Eating

- ▶ *I really want to eat this. But I know I shouldn't. But I really want it. I'm not supposed to have it. But I feel like having it! I know it's not on my food plan, but I don't care. I'm going to have it anyway.*
- ▶ A written food plan will help you make your decision ahead of time *before* you're confronted with uncomfortable cravings and tension
- ▶ Think about rules already in your life that you follow—example brushing your teeth—NO CHOICE-JUST DO IT

# Example of Rules In Regards to Eating Habits

- ▶ Eat a substantial amount of protein, vegetables, and fruit at every meal
- ▶ Eat only raw vegetables while preparing dinner
- ▶ When eating out, eat up to only 25% more than I usually do when I'm home
- ▶ Any rules you know to be effective or need to be in your plan?

# Question for Notebook

When I feel like eating in an unplanned way, I'll.....



# End Overeating

## Qualifies as overeating

If you eat any food in greater quantity than you had planned

If you feel full partway through your meal

## Determine a day to practice not overeating-

You chose a food that you're not supposed to eat and put on your plate. At the beginning of the meal, push the extra portions to the side on your plate. Then eat only the food on your food plan.

Throw the extra food in the trash—hard to do

Remember the extra food will either go to waste in our body or go to waste in the garbage can.

# Change your Definition of Full

- ▶ A way to consider if you have overeaten: think about how easy it would be to take a walk at a moderate to brisk pace before you eat. You should be able to walk at the same pace just as easily after a meal.
- ▶ If you can't easily take a moderate to brisk walk after a meal, it means you that've you have eaten too much and might have an unrealistic definition of fullness.
- ▶ To lose excess weight and keep off-we must break the connection between over fullness and normal fullness

## Reminders:

- ▶ Use the walking analogy to determine if have over eaten
- ▶ Every time you'd like to overeat but you don't give yourself credit—example flexing your resistance muscle
- ▶ If you are triggered to overeat, remove the triggers—example- someone serves you too much then move the extra amounts to the side of the plate
- ▶ If you feel anxious, remind yourself hunger is not an emergency

# Stop Fooling Yourself

- ▶ We have an amazing ability to fool ourselves about food and eating habits-giving ourselves fake excuse to eat
  - ▶ It's ok to eat this because...
    - It's not a whole piece
    - I'll eat it only this one time
    - It's not that fattening
  - I'll make up for it by eating less later
    - It won't matter
    - I paid for it
    - It'll go to waste
  - I'll disappoint someone if I don't
  - Everyone else is eating it
    - It's just the crumbs
      - It's free
      - I really want it
    - It's a special occasion
  - I'm upset , and I just don't care
  - I'm craving it, and I'll probably just eat it eventually

The background of the slide features a complex, abstract design of overlapping triangles and polygons in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are layered, creating a sense of depth and movement. The overall aesthetic is clean and modern.

- ▶ Make Response Card

- ▶ It's Not Ok

It's not ok to eat unplanned food of any kind. I'm just trying to fool myself. Every single time I eat something I'm not supposed to, I strengthen my giving in muscle. I might feel good for a few seconds, but I'll feel bad afterwards. If I want to lose excess weight and keep it off, I absolutely must stop fooling myself.

# Get Back On Track

- ▶ *I can't believe I let myself eat this! I've really blown it....I might as well eat whatever I want for the rest of the day and start dieting again tomorrow.*
  - ▶ *Get Back on Track NOW*
- ▶ *Acknowledge your initial slip-this one mistake is not going to make me gain weight this week*
  - ▶ *Recommit yourself to your diet*
- ▶ *Draw a symbolic line-don't give yourself until tomorrow to get back on track*
  - ▶ *Give yourself credit for stopping at any point*
  - ▶ *Watch out for feelings of failure and helplessness-no one is perfect*
  - ▶ *Continue to eat normally-don't try to restrict to make up for*

# Question for Notebook

- ▶ When I make a mistake and eat something I'm not supposed to, I'm going to.....