

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 central area is white, providing a clean space for the text.

Mindful Eating Session #3

Get Ready to Weigh

- ▶ Weighing In:
 - ▶ Allow you to celebrate and build up confidence when you've lost weight
 - ▶ Helps in keeping self honest if you have gained
 - ▶ Help to stay committed to program-if your happy with progress you will feel more motivated to continue. If you feel disappointed commit to figuring out.
- ▶ Weighing yourself can erode our motivation more than it helps if you step on the scale with the wrong mindset

▶ Numbers on the Scale

Does this sound familiar?

Situation: The scale shows a higher weight than you had hoped for



Sabotaging Thought: “I can’t believe it. This is really terrible”



Emotion: Upset (angry, sad, demoralized, hopeless)



Behavior: Embark on a “bad eating day”

- ▶ If you view your weight as an indication of how weak, inadequate, or out of control you are, then weight gains can easily result in overeating.
- ▶ It is important to use the scale as an information tool that provides data you use to guide your eating. Like a thermometer when taking your temperature—a guide.
- ▶ If the scale does not go down like you expected:
 - ▶ Consider what you have been doing or not doing that impacts your weight:
 - ▶ Lax about food measuring?
 - ▶ Food logging?
 - ▶ Exercise?
 - ▶ Contact your diet coach for support

**Remember you can easily go up or down 2 pounds on any given day due to hormones or physiological reasons.

Make your Graph

- ▶ Keep track of your weight once a week-same day and time
- ▶ This will help you get an overall sense of progress and prevent focusing too narrowly on the number on the scale on any particular day
- ▶ Start at base weight and go from there
- ▶ Remember that your weight will go down after surgery but unlikely every week

- ▶ If I gain weight -ask self following questions
 - ▶ What would I tell a close friend in the same situation?
 - ▶ What makes me think that I'll lose every week?
 - ▶ What do I need to review with my diet coach?

Use the number on the scale as information and a guide

Question for Notebook

Before I get on the scale, I'm going to tell myself.....

Say-Oh Well to Disappointment

- ▶ At some point you will feel the disadvantages of dieting seem to outweigh the advantages
- ▶ You can't stop sabotaging thoughts from arising, but you can respond to them
- ▶ Incorporating the “Oh well” approach-meaning I don't like it but I'm going to accept it and move on

Choices

- ▶ To make the struggle a little easier
 - ▶ Try to do these things-
 - ▶ Read your list of reasons to lose weight and think about the benefits you'll get from sticking to your diet
 - ▶ Think about the following: is it better to struggle about unfairness-or accept it and move on? Everyone has unfair parts of life
 - ▶ Put unfairness in perspective by making a mental note of positive things in your life

Sabotaging Thoughts

It's not fair that I can't eat normally

Helpful response: Actually I probably was not eating “normally” before, either. Before I started dieting I was probably eating too often and too much and choosing too many unhealthy foods. I'm now eating normally for a person who has a goal to lose weight.

I should not have to deal with this problem

Helpful response: I have 3 choices

I can give up and stay at this weight-or more likely continue to gain weight

I can diet on and off. Spend some days/months/years eating whatever I want and trying to stick to a diet and most of the time weighing more an I want.

I can accept the fact that dieting isn't fair and move on, continuing to do what I have to do to lose weight.

Pay Attention to Your Thinking

- ▶ Here's how you'll know if you're having a sabotaging thought:
 - ▶ You feel tempted to eat something you shouldn't
 - ▶ You actually eat something you shouldn't
 - ▶ You feel tempted to skip doing parts of the this program
 - ▶ You feel unhappy about some element of healthy eating

You can stop yourself from unplanned eating and engaging in other sabotaging behaviors by talking back to your thoughts

Question for Notebook

- ▶ What did I do today to avoid unplanned eating.....
- ▶ If I got off track, what happened?.....
- ▶ What can I learn from this for next time.....

Recognize Thinking Mistakes

▶ Nine Common Thinking Errors

Thinking mistake #1: All or Nothing Thinking

You see things in only two categories when there's really a middle ground.

example: Either I am completely on my diet or off

Thinking mistake #2: Negative Fortune Telling

You predict the future negatively, without considering other possible outcomes

Example: Since I didn't lose weight this week, I'll never lose weight

Thinking mistake #3: Overly Positive Fortune Telling

You predict the future too positively, without considering other possible outcomes

Example: It's okay if I just estimate the amount of food I'm supposed to have instead of measuring it. I'll still lose weight.

Thinking mistake #4: Emotional Reasoning

You think your ideas must be true even though objective evidence says not.

Example: I feel like I just have to have something sweet right now

Thinking Mistake #5: Mind Reading

You're sure of what others are thinking even in the absence of compelling data

Example: She'll think I am rude if I don't try the brownies she baked

Thinking Mistake #6: Self-Deluding Thinking

You rationalize by telling yourself things you don't really believe at other times

Example: It won't matter if I give in to my craving

Thinking Mistake #7: Unhelpful Rules

You mandate actions without taking circumstances into consideration

Example: I can't waste food

Thinking Mistake #8: Justification

You link two unrelated concepts (to justify your eating)

Example: I deserve to eat this because I'm so stressed out

Thinking Mistake #9: Exaggerated Thinking

You make a situation seem greater or worse than it really is

Example: I can't stand this craving

Master the Seven Question Technique

- ▶ Through reviewing notes in your journal/notebook-identify common thinking errors

“What do I wish I could remember the next time I have this thought?”

These questions can help

- What kind of thinking error could I be making?
- What evidence is there that this thought might not be true (or completely true)?
- Is there an alternative explanation or another way of viewing this?
- What is the most realistic outcome of the situation?
- What is the effect of my believing this thought and what could be the effect of changing my thinking?
- What would you tell a close friend or family member if they were in this situation and had this thought?
- What should I do now?

***Making response cards may be helpful at first*

Resist Food Pushers

- ▶ Ever feel you offend others if politely refusing food they offer?

- ▶ If you ever answer yes is that you may have thoughts getting in your way of progress.

The first is that other people's desire to have you eat their food is more important than your desire to lose weight.

The second is that it's wrong to stick up for yourself especially when it means disappointment others

- ▶ Thinking a Different Way

You're entitled to work toward your goal of losing weight as long as you're not maliciously trying to make someone feel bad.

It's okay to disappoint others. Disappointment is normal part of life. Their disappointment will most likely will be mild and fleeting.

- ▶ Considering Self

Won't I be disappointed if I accept food and stray from my food plan?

Why is it more important for me to please them than it is to do what is best for me?

How to Say NO

Evaluate how you would respond to someone who declined to eat what you offered?

Prepare how you will respond

Visualize your plan in action

Stay In Control When Eating Out

- ▶ Many people apply special eating and drinking rules to special occasions-giving self permission to indulge.
- ▶ Having a plan for eating out and sticking to it EVERYTIME takes preparation and practice.
 - ▶ Choose a day and place-pick a day of the week you are not particularly stressed out and plan on eating a little earlier than normal-you won't be so hungry. Make sure this restaurant has food that you will be able to eat.
 - ▶ Go with a friend-choose someone who will not push food on you
 - ▶ Plan in advance how much you're going to eat-it's fine to eat a little more than usual-25% more calories than your ordinary meal as long as is not often
 - ▶ Plan what you're going to eat-see if menu listed on website and plan what you will order
- ▶ Anticipate the sabotaging thoughts you might have-giving yourself reasons to overeat—review a response card before you go
- ▶ Plan how you'll tolerate cravings-going to restroom, stepping away

- ▶ When your food arrives, portion off food the food you can eat-immediately push the extra food not on your plan to the side of your plate.
- ▶ Assess your success-Once you get back home determine how you did. If it was too challenging, try it again
- ▶ If you did well but feel disgruntled because you could not eat everything you wanted, work on sabotaging thoughts-give yourself credit for following through with the food plan and work on “oh well”.
- ▶ Dining out Strategies
 - ▶ Order smaller portions
 - ▶ If eating at buffet-look at all the food options before filling your plate
 - ▶ Practice what you know-eat slowly
 - ▶ When your finished eating, make it final-push away plate, put napkin on plate

Question for Notebook

The next time I eat out, I'm going to.....

Decide About Drinking

- ▶ If you want to fit drinking into your healthy eating-then you have to plan for it.
- ▶ Whatever you decide to do about alcohol is fine as long as (this is only PRIOR to surgery):
 - ▶ You don't skimp on food
 - ▶ You plan when and how much you'll drink
 - ▶ You calculate beforehand how caloric the drink is
 - ▶ You don't allow alcohol to lead to unplanned eating

Prepare to Travel

- ▶ A week before your trip, create a healthy food strategy
- ▶ Decide how closely you'll follow your plan
- ▶ Allow yourself a few hundred extra calories every day
- ▶ Follow your usual plan every day but add minor splurges on a few occasions
- ▶ Follow your diet every day except for a splurge on the last day

▶ How Not to Gain Too Much

- ▶ Exercise more-will help in counteracting small amounts of overeating
- ▶ Eat brunch instead of breakfast or lunch-
- ▶ Carry food with you
- ▶ Use strategies that work for you—use your knowledge that you have learned

▶ When getting home

- ▶ Make sure to re-establish helpful eating habits
- ▶ Eat sitting down and slowly
- ▶ Planning meals
- ▶ Monitoring everything you eat

Eliminate Emotional Eating

- ▶ Emotional eating includes soothing yourself because of stress or boredom
- ▶ How to Calm Down
 - ▶ Do you think you can't tolerate negative feelings---YOU CAN!!
 - ▶ Negative emotions are not dangerous-you will not fall apart experiencing them-a negative emotion is not an emergency
 - ▶ Can use techniques same as pushing through craving

Use Mindset Techniques

- ▶ Label How you are feeling- “I’m just feeling upset, I’m not hungry”.
- ▶ Stand firm-Tell self you are absolutely not eating when upset. Don’t strengthen the giving in muscle
- ▶ Don’t give yourself a choice-Once you say to yourself NO CHOICE-you’ll stop struggling. If you waver and say I hate feeling like this ...I don’t know if I can stand not to eat—you will struggle.
- ▶ Imagine the aftermath of giving in
- ▶ Read your Response Card(s)

Behavioral Techniques

- ▶ Distract self
- ▶ Drink a soothing no/low low calorie beverage
- ▶ Relax-deep breathing or progressive muscle relaxation

After you calm down-work on problem solving that led to the negative emotion.

****You have to deal with distress in non-food related ways if you want to sustain permanent weight loss.**

Question for Notebook

The next time I'm upset, I'm going to.....