

Mindful Eating: Emotional Eating and Food Craving Management Group

Class 1

Introduction to Mindful Eating program

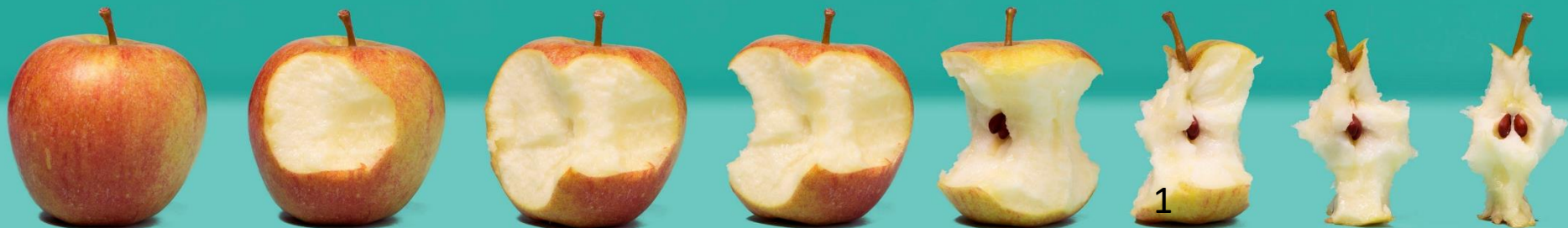
Measuring success

Introduction to CBT

Harnessing your Motivation & Determining your

Core Values

Effective Goal Setting



Class 1 outline



- Introduction to Mindful Eating Group Program
- Measuring your success
- Foundations
 - Introduction to CBT
 - Harnessing your motivation
 - Determine your core values
 - SMARTER goal setting
 - Problem solving
- Mindfulness Exercise: abdominal breathing

Welcome to Mindful Eating (ME)!



ME is a 6 week mindful eating program designed to help you better understand and manage your food cravings while healing your relationship with food.

In ME, you will learn about

- How to listen and respond to your body's natural hunger and fullness cues
- The benefits of mindfulness and how to practice mindful eating
- Finding balance by enjoying foods that nourish the body as well as the soul
- Where food cravings come from and how to identify them
- A powerful approach to managing food cravings and dealing with emotional eating. This includes a variety of **cognitive behavioural change strategies** that you can use to help manage your food cravings and feel better about your food choices
- How to stay on track for lifelong better health!

What else should I know?



- During the ME Program, you will be asked to keep a journal to help you identify eating triggers, become more self-aware and improve mindfulness around eating behaviours. You will also be asked to set weekly goals in order to help you move forward in your journey to achieving better health.
- There will be plenty of opportunities to learn from each other and share your personal knowledge and experience with others. We expect participants to keep any information shared during this program confidential.
- You will be asked to complete questionnaires and evaluation forms in order to help support continuous quality improvement of this program.
- You have the right to withdraw from the program at any time.
- Information you provide to the Hamilton Family Health Team is kept anonymous and always treated as strictly confidential.
- ME is offered in various locations and times throughout the year.

Does food affect my mood?



Yes! Food plays a key role in our mental health and wellbeing. Studies have shown that following a healthy diet can help to reduce depression and anxiety. Getting the right amount and balance of nutritious foods are important however, we will not be going into detail about these aspects of nutrition (i.e. *what to eat?*) in this program. If you are interested in learning more about these areas of nutrition, consider taking our Healthy You program.

Healthy You is a 6 week lifestyle program that helps people achieve better health and wellness through good food choices, increased physical activity and feeling better about themselves. Ideal for those who are looking for more information about: healthy food choices, how to plan well balanced meals, how to read and understand food labels, how to manage difficult situations such as eating away from home, ways to become more physically active and reduce sedentary behaviours.

www.barriefht.ca

How do you measure your success?



If you're like many, you might consider using a scale to measure your success in this program. This can be very problematic for a number of reasons. What most people don't realize is that we have very little control over the number on the scale. Even when we make major changes to our lifestyle, how this impacts our weight and shape is largely dictated by our genetics and not by our actions. So why is it that we tend to take full responsibility for changes we see on the scale? How does a change in your weight make you feel and affect your motivation?

Food for thought...

How do you feel when the number goes down?

How do you feel when you've decided you've achieved your weight loss goal? How does this affect your motivation to continue?

How do you feel if the number goes up? How does this affect your motivation to continue?

You are more than just a number on the scale! Focus on other aspects of your health to help measure your success in this program. Through mindful eating and better management of food cravings, you can discover improvements in your **energy, mood, digestion, mental focus, sleep quality, enjoyment of eating** to name a few. This can also be an important step in helping to **prevent or manage different chronic diseases such as diabetes and heart disease.**

Hamilton Family Health Team
Better care, together.

The bottom line is, we don't need to lose weight in order to become healthier. What matters most are our lifestyle choices. ME follows a *Health at Every Size* (HAES) approach to achieving better health and wellness. This is a non-diet, weight neutral model that supports people in adopting healthier lifestyle habits for the sake of health and wellbeing rather than for weight control. The focus will be on changing your thoughts and behaviours in order to help you enjoy a healthier relationship with food and allow you to

To learn more about HAES:
haescommunity.org
sizediversityandhealth.org



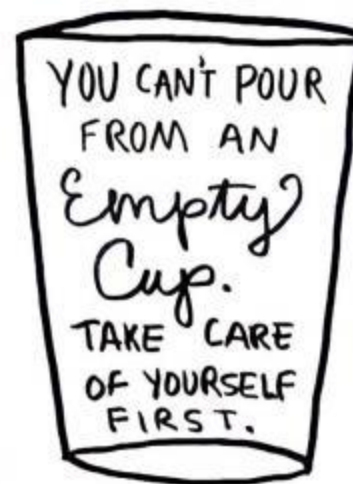
Self-care 101

In order to feel our best and be the best we can be to others, we all need some basic TLC. Self-care is NOT selfish! When we don't meet some basic self-care needs, our body and brain can respond in different ways.

- Feeling tired, sluggish or run down
- Difficulty concentrating
- Experiencing food cravings
- Low mood, feeling short tempered, easily stressed and anxious

Here are some basic but important self-care rituals that will help you to feel your best:

1. Eat regular meals (and snacks as needed)
2. Avoid dieting
3. Stay well hydrated
4. Keep active
5. Get enough sleep
6. Practice self-compassion
7. Take time for yourself – reduce stress



What is CBT?

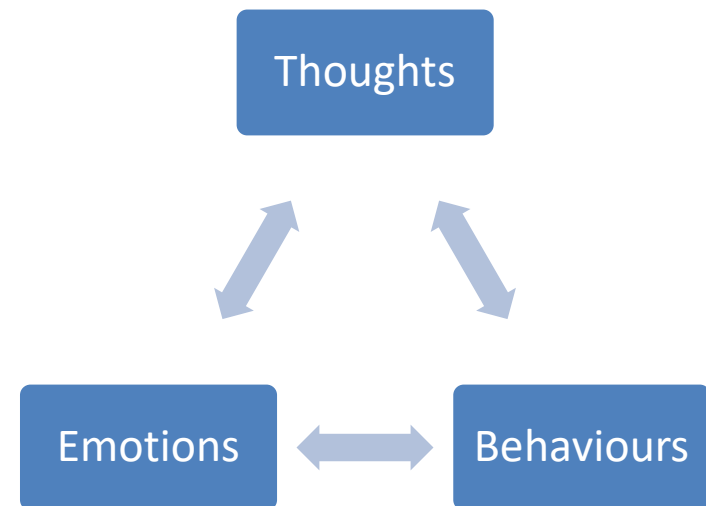
CBT stands for Cognitive Behavioural Therapy. This model is used to explain the link between our thoughts, behaviours and emotions. What we ***think*** affects how we ***feel*** which in turn affects how we ***behave***.

CBT allows us to become more aware of how our relationship with people and our reactions to different situations are connected to our beliefs about ourselves, others and the world around us. It broadens our self-awareness, builds on our strengths, helps to create new thinking patterns and coping responses to difficult emotions.

How we *think* affects how we *act* and *feel*.

What we *feel* affects what we *think* and *do*.

What we *do* affects how we *think* and *feel*.



Are you ready to make change?

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

quoteslife101.net

Image reference: www.pinterest.ca/pin/331929435007612814/

In order to make lasting changes in your eating habits, you need to first decide if you are ready for it. Likely, the fact that you are here is a good sign that you are at least contemplating change.

You don't have to change everything at once! You may feel ready to change in certain areas of your lifestyle and not in others. That's ok! **Small changes add up to make a big difference.**

In this group, we will be strongly encouraging you to experiment at home, try out new things, and change your perspective around health. All of which require effort, and practice.

If there are significant priorities in your life that might interfere with your work here, just know that we run this group throughout the year, and it is always better to start a new challenge when you are really ready to do so!

Staying motivated



Rethink Willpower:

In order to make lasting change to your eating habits it is helpful to start re-thinking the need for willpower. People are often quick to blame themselves: "I just need more discipline!" But, willpower is temporary, and can be easily drained during a stressful day. It is not reliable enough to depend on day-to-day.

So, if willpower is not the answer, what is?

Food for thought: Do you need much willpower to do something you enjoy?

External (extrinsic) motivation – enjoy the outcome, not based on Core Values, may be imposed on us by society/others, often relies on willpower

Internal (intrinsic) motivation – enjoy the process, rooted in Core Values, doesn't rely on willpower

Our ability to make change is SIGNIFICANTLY more powerful when we are motivated by intrinsic or internal factors.

The Mindful Eating approach: **Finding ways of eating and being active that you enjoy and that makes you feel good, both mentally and physically.**

As you move through this program take some time to really think about how you want your life to look. Think about how healthy eating, activity and taking time for regular self-care can support the life you want.

This will help you to determine your core values and harness intrinsic or internal motivation.

Value-based decision making



The first step is to determine **WHY** you want to change.

Change is hard. What do you value enough to put all the time, energy and effort to make the changes in your life that you want?

But how? By understanding your core values! These can act as a compass to help guide you in making daily health-related decisions. Rather than self-imposed rules and regulations, which we are more likely to break.

Understand your personal values and motivation

Some questions to help guide you:

Why do you want to change the way you are eating?

What does "feeling good" actually mean for you in your life?

How could you set up your daily eating habits in a way that made you feel good physically and mentally?

Behaviour change takes effort. What 3 things matter to you enough to want to put in the effort needed to make change that will improve your health?



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!

SMARTER goals

SMARTER goals are one of the best tools we have to support lasting change. The key to their success is to actually practice them, track them and reflect on them.

S – specific

M – measureable

A – action oriented

R – realistic

T – time oriented

E – evaluate

R – repeat or readjust

Determine what you want and why you want it. Once you understand what's important, you can utilize your passions and achieve anything.

~Brooke Griffin

All our dreams can come true if we have the courage to pursue them.

~Walt Disney

SMARTER Goals - practice



Use this space to write a **SMART** goal.

Make sure your goal is realistic:

How confident are you in achieving your goal?

1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

If you're not at least 7/10, how can you tweak your goal to make it a little bit easier and increase your confidence?

Consider barriers. Is there anything that might get in the way of you achieving your goal? If so, how might you overcome these barriers?

SMARTER Goals - practice



Evaluate – how is it going?

Repeat – if things are going well, continue to work on your goal and creating a new healthy habit.

Re-adjust – if you need to tweak your goal, use the space below to write down what you will do differently:

Introduction to Problem Solving



Understanding how to effectively problem-solve is an important skill to learn. Not only can it be helpful for improving our eating habits, but it can assist in any area of our lives that we may be struggling with.

It is impossible to solve all of life's problems! This is not the goal. However when faced with a problem in our life, if we apply the 3 easy steps to problem solving as outlined in this section, we may find that we have the ability to manage our problems more effectively and successfully than we originally thought!

Often when we are dealing with a particular problem in our lives, the tendency is to keep trying the same/similar solution over and over again. Not only can this be ineffective, but it can become very frustrating and contribute to any stress that the problem is causing.

The time is now right to try a new problem solving strategy! This can be a very helpful skill to learn early on in this program in order to help reduce food cravings and better manage emotional eating.

3 Easy Steps to Problem Solving

Be curious, not furious!

Step 1 - Determine the problem

- It is important to accurately identify the problem in order to find effective solutions. Be specific, it can be helpful to ask the following questions:

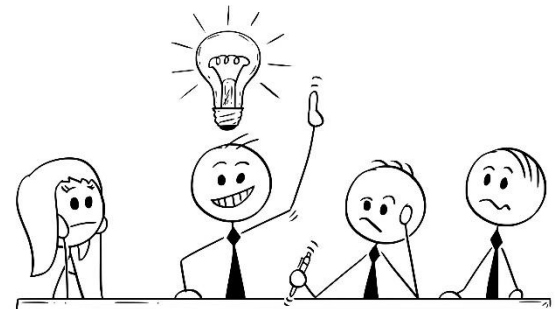
"When did I start experiencing this problem?"

"What are the circumstances/people/situation surrounding this problem?"

"What is likely contributing to this problem?"

"What are my priorities right now?"

"What are my goals right now?"



Step 2 - Consider possible solutions

- Have I been in this situation before?
If so, how did I deal with it?
- Brainstorm solutions.
Ask others for help. Write them down!



Step 3 - Take action

- Pick a solution from your list and try it! Create a SMARTER goal to help ensure you are successful. Try one solution at a time.
- Give your plan a fair chance then evaluate it.
- If it's working: keep going! You're doing great!
- If it's not working: don't worry, you have options!
 - Re-adjust your goal to make it more realistic
 - Go back to step 2 and pick another solution from your list.
 - If still not working...have you identified the correct problem?

It may be that some problems can't be solved at this time. In this case, work on acceptance and re-visit it down the road.

Abdominal breathing (do for 2-3 minutes)

We tend to breathe shallow, too high in the chest or to over breathe, which can cause hyperventilation. Abdominal breathing and calming breath exercise has several benefits and can trigger a relaxation response. By practicing Abdominal Breathing for three to five minutes a day minutes, you can achieve a state of deep relaxation in a short period of time. You can also say the word “relax” or “calm” or “let go” silently to yourself if you wish. Eventually just saying the calming word will bring on a state of relaxation.

Script:

Get into a comfortable position. You can close your eyes if you’re comfortable, or just look down.

- Take a slow inhale...Pause...slow exhale. Ten
- Slow inhale....Pause...slow exhale. Nine
- Slow inhale....Pause...slow exhale. Eight
- Now continue breathing and silently counting until you get to one.

Practice at home and add the word “calm” or “relax” or “let go” at each exhale.

Weekly Challenges



- Determine your 3 core health values – write them down in your workbook
- Practice using the 3 easy steps to problem solving for a problem you are currently facing in your life
- Try abdominal breathing at home
- Work on your SMART created during todays class or you can practice writing a new one that you will work on over the next week:

Use this space to write a **SMART** goal.

Make sure your goal is realistic:

How confident are you in achieving your goal?

1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10

If you're not at least 7/10, how can you tweak your goal to make it a little bit easier and increase your confidence?

Consider barriers. Is there anything that might get in the way of you achieving your goal? If so, how might you overcome these barriers?

Track your progress



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Evaluate/Repeat/Re-adjust:

What went well?

What got in the way?

What could I do differently next time?

What are my next steps?