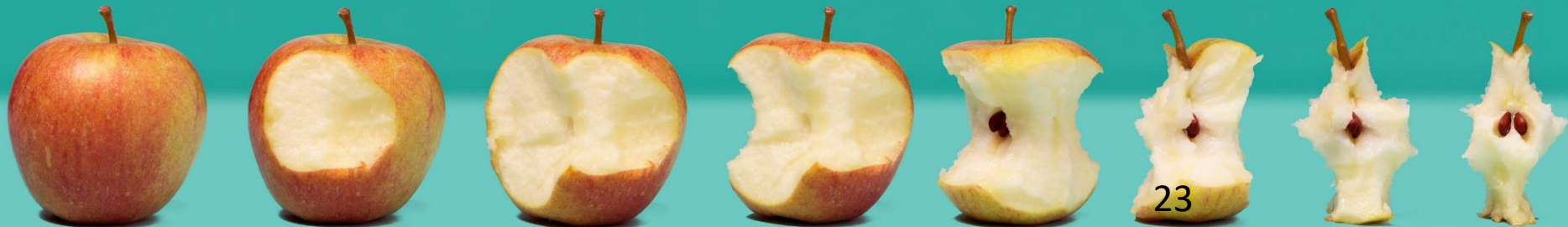


# Mindful Eating: Emotional Eating and Food Craving Management Group

## Class 3

Introduction to mindful eating

ME Journal



# Class 3 outline



- Check-in
- Learn about:
  - “normal eating” and “mindful eating”
  - The benefits of mindful eating and the Hunger/Fullness Scale
  - The key elements of mindful eating
- Mindfulness Exercises: body scan and mindful eating practice
- Introduction to the ME journal
- Set a SMART goal

# Handouts:

[www.barriefht.ca/mindful-eating](http://www.barriefht.ca/mindful-eating)

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**.

# 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.

**“Mindfulness means paying attention in a particular way, on purpose, in the present moment and non judgmentally” Jon Kabat Zinn**



Image reference: <https://psychprofessionals.com.au/mindful-eating/>

# Mindful Eating



There are many **benefits** to practicing a more mindful approach to eating:

- Helps you to respond to hunger and fullness cues
- Prevents overeating
- Reduces food cravings and emotional eating
- Boosts satisfaction
- Improves how food tastes
- Helps you better nourish your body
- Helps with prevention and management of chronic disease

**Mindful eating is a form of self-care!**



# Key Elements of MINDFUL EATING

- What?
- When?
- Why?
- How?
- How Much?
- Where?



For more information – see handout “It’s not just what you eat but why” and visit [www.AmIHungry.com](http://www.AmIHungry.com)



Becoming more mindful...



## **Why? Why do I eat? - My EATING TRIGGERS**

# 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



# Becoming more mindful of environmental triggers



Think about how our food environment has changed over the past several decades.

Consider how our food environment here in Canada might be different to the food environment in other countries.

# What are some environmental eating triggers?



# Becoming more mindful...



## How? How do I eat?

Many people say they love food, but they don't eat in a way that reflects this. How do you eat? Are you eating quickly? Are you eating while distracted by other activities such as watching a TV show or a movie, driving, or working at the computer? How can we enjoy what we are eating when we are distracted by other activities? Also, very importantly, how can we pay attention to what our body is telling us when we are distracted by other activities?

Make eating a priority! Limit distractions. Become consciously aware of your food and take the time to savour the flavour.

Slow down – take time to savour and observe  
Check hunger and fullness levels

# The Hunger and Fullness Scale



## When do I eat? How much do I eat?

Ravenous Starving Hungry Pangs Satisfied Full Very Full Discomfort Stuffed Sick

1 2 3 4 5 6 7 8 9 10



Adapted from:

May, M., Galper, L., Carr, J. *Am I Hungry? What to do when diets don't work.* 2005. Phoenix: Nourish Publishing.



# Body Scan (3-5 minutes)



The Body Scan is an effective mindfulness activity and can be done while lying down, sitting, or in other postures.

Begin by bringing your attention into your body. You can close your eyes if that's comfortable for you.

You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.

Take a few deep abdominal breaths.

And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.

You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.



Notice your back against the chair.

Bring your attention into your stomach area. Take a few deep breaths and notice how it feels to you right now. Is it rumbling, growling, too full, or at a happy balanced place? Get familiar with it. If your stomach is tense or tight, let it soften. Take a deep breath.

Notice your hands. Are your hands tense or tight? See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw. Let your face and facial muscles become soft.

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a deep breath. And then when you're ready, you can open your eyes.

# Mindful Eating

[www.eatingmindfully.com](http://www.eatingmindfully.com)



**Hamilton** Family Health Team

*Better care, together.*



Susan Albers PsyD 2012@ Eat, Drink & Be Mindful

# Mindful Eating Journal

## Hunger Scale

Ravenous      Starving      Hungry      Pangs      Satisfied

1                      2                      3                      4                      5

Full      Very Full      Discomfort      Stuffed      Sick

6                      7                      8                      9                      10

Time	Food / Drink	Hunger /Fullness Scale										Before Eating Environment/Feelings/Moods/ Thoughts/Body Sensations	After Eating Feelings/Moods/Thoughts/ Body Sensations/Additional Comments
		1	2	3	4	5	6	7	8	9	10		

# Mindfulness training



- **Stop, Breathe and Think** – Guided meditations that are tailored to your emotions. Available for android and iPhone, as well as a web page you can visit
- **The Mindfulness App** – Designed to help new-comers to meditation ease into a meditation practice. More in depth meditations are also available for seasoned practitioners
- **Calm.com** – Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life.
- **Headspace.com** - Website and phone app that follows an evidence based approach to training the mind with the goal of creating more 'headspace'. Includes guided meditation and video tutorials. Great for beginners.
- **Mindfulness Hamilton** - The website provides various articles, events, and resources that promote mindfulness and offer strategies to deal with stress. [www.mindfulnesshamilton.ca](http://www.mindfulnesshamilton.ca)
- **Yoga with Adriene** - Free yoga videos designed for all interests and skill levels. [www.youtube.com/user/yogawithadriene/videos](https://www.youtube.com/user/yogawithadriene/videos)

# Weekly Challenges



- Become more aware of environmental eating triggers
- Ask yourself “Am I Hungry, or do I have the BLAHS?”
- Practice tuning into your body using the Body Scan exercise
- Practice eating something mindfully
- Start to use your Mindful Eating journal
- Write a SMART goal

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



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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?

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

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# 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?