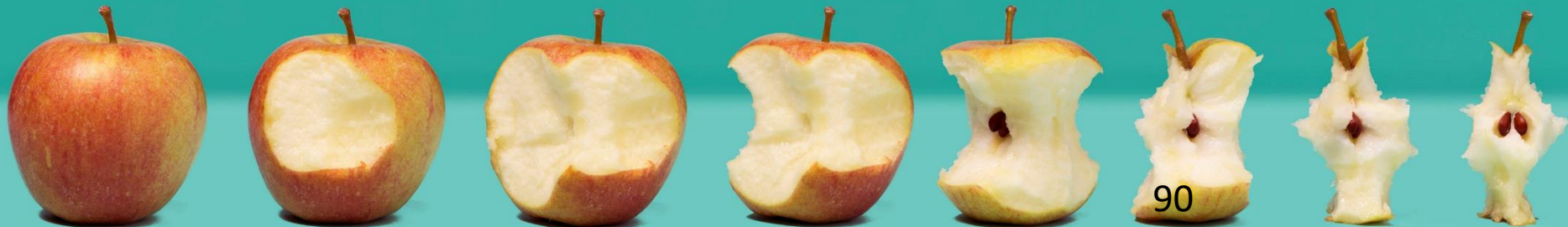


Mindful Eating: Emotional Eating and Food Craving Management Group

Class 6

Staying on Track

Next Steps

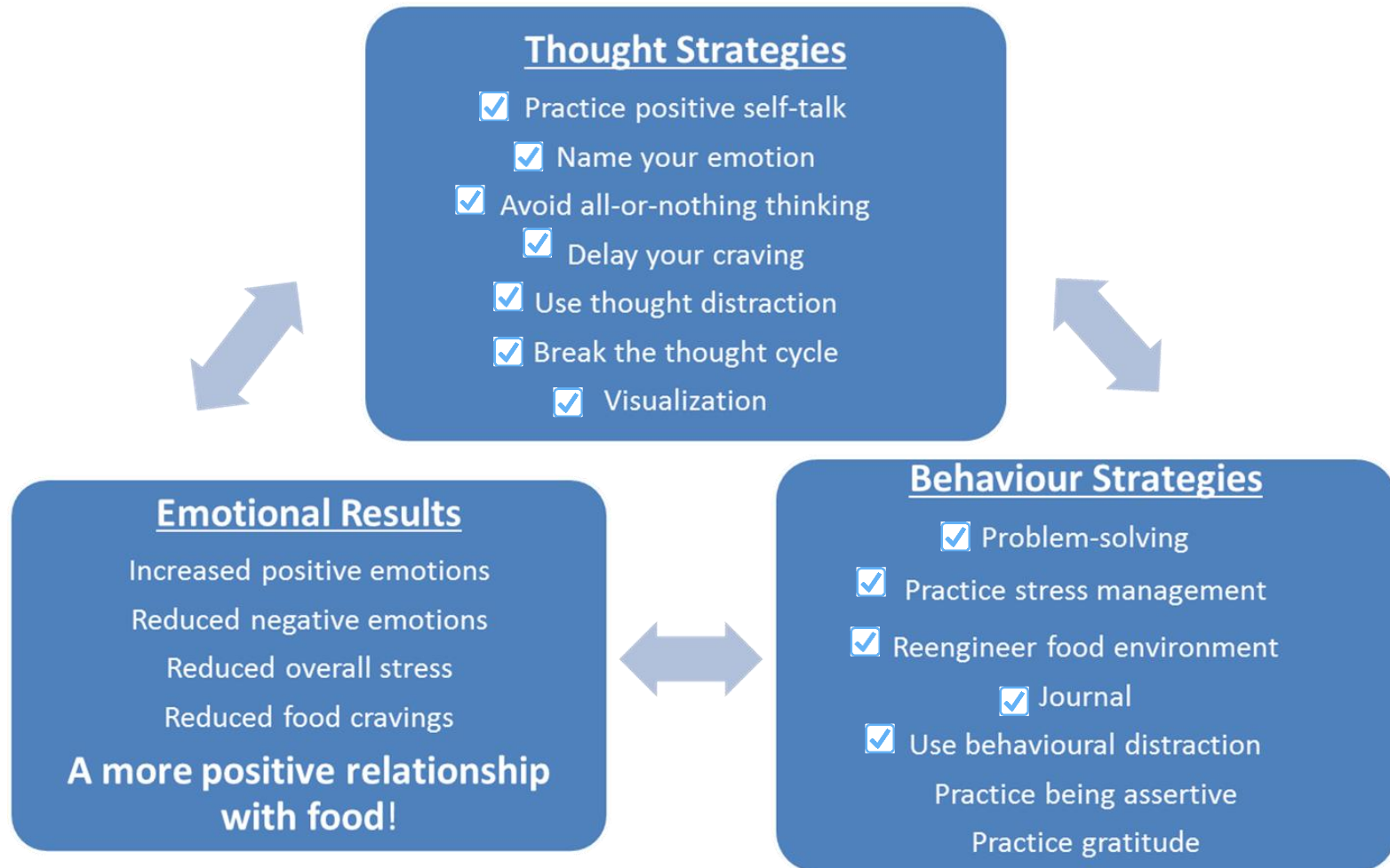


Class 6 outline



- Check-in
- Review
- Staying on track:
 - Dealing with lapses
 - Using assertiveness
 - Manage food rules
- Happiness
- Gratitude
- Mindfulness Exercise – practice gratitude
- Continual goal setting
- Follow-up options
- Wrap up

CBT: Cognitive Behavioural Model



Dealing with lapses

We experience a lapse when we engage in a behaviour that does not agree with our core values or health goals. It's important to know that lapses are completely normal and natural! We will all experience lapses from time to time and this is ok. It is a normal part of the change process.

If left unchecked however, multiple lapses can lead to relapse and eventually we may find ourselves back to where we started. To prevent this and keep us on track, it's important to manage lapses in a way that puts us in charge.

Be aware of self-talk and practice being compassionate with yourself.

Reframe the lapse



“Calm waters do not make for skilled sailors”

Rather than seeing a lapse as a personal failure, see it as an **opportunity!** An opportunity to grow and learn something about yourself, the situation, and others around you. Dealing with lapses in this way will allow you to learn new skills. It will help you to prevent the same situation from happening again in the future and/or to deal with a similar situation more effectively.

Remember the **3 steps to problem solving**. When facing any problem (in this case a lapse), remember to ***be curious, not furious!***

1. Determine the problem
2. Consider possible solutions
3. Take action! Set a SMART goal.

Practice being assertive



Learning to be more assertive will help you to express your true feelings and ask for what you want (or don't want) more easily. This can help you to stay on track with your health goals. In addition, being more assertive will often result in increased respect from others as well as self-respect.

Discussion: differences between non-assertive or submissive, aggressive, passive-aggressive, manipulative and assertive. Think about where you generally fit.

Assertiveness Script:

"I feel (emotion) when (observation) ."

"I would like for you to (way you would like things to change) ."

One thing

You would like to stop doing to yourself:

You would like to stop doing to/for others:

You would like to start doing for yourself:

You would like to say to others:

Manage Food Rules

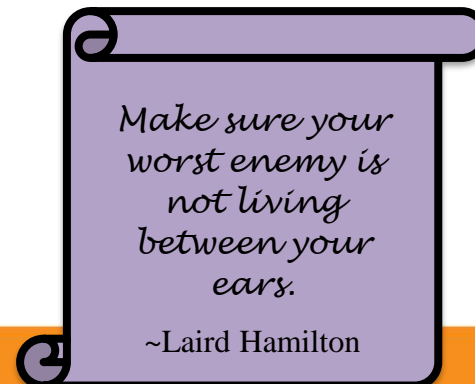


Did you know that we can sometimes be the ones responsible for tripping our own selves up?

Do you follow any 'rules' that make it difficult to stay on track?
When something goes wrong, do you engage in harsh self-criticism?

Many 'rules' related to food and eating are either learned behaviours that have turned into habits or they are created based on assumptions.
What would happen if these rules were broken or tweaked in order to support your self-care needs?

- Be aware of self-talk
- Accept responsibility
- Practice self-compassion
- Be assertive!



Happiness

“A state of well-being and contentment”

“A pleasurable or satisfying experience”

Merriam-Webster's Online Dictionary

Happiness is a journey, not a destination; Happiness is to be found along the way, not at the end of the road, for then the journey is over and it's too late. **The time for happiness is today not tomorrow.**

~Paul H Dunn

What does happiness mean to you?

What makes you happy?

Happiness is a skill.

We can foster it with practice and intentional activity.



Interacting outside in daily activities

1. Giving – doing things for others
2. Relating – connecting with people, fostering healthy relationships
3. Exercising – taking care of your body, spend time outside
4. Appreciating – noticing the world around you, practice gratitude
5. Trying out – learning new things, acknowledge and use your strengths

Interacting with self, looking inside

1. Direction – have goals to look forward to
2. Resilience – find ways to bounce back, challenge and change faulty beliefs
3. Emotion – take a positive approach and practice positive self-talk
4. Acceptance – be comfortable with who you are
5. Meaning – be part of something bigger

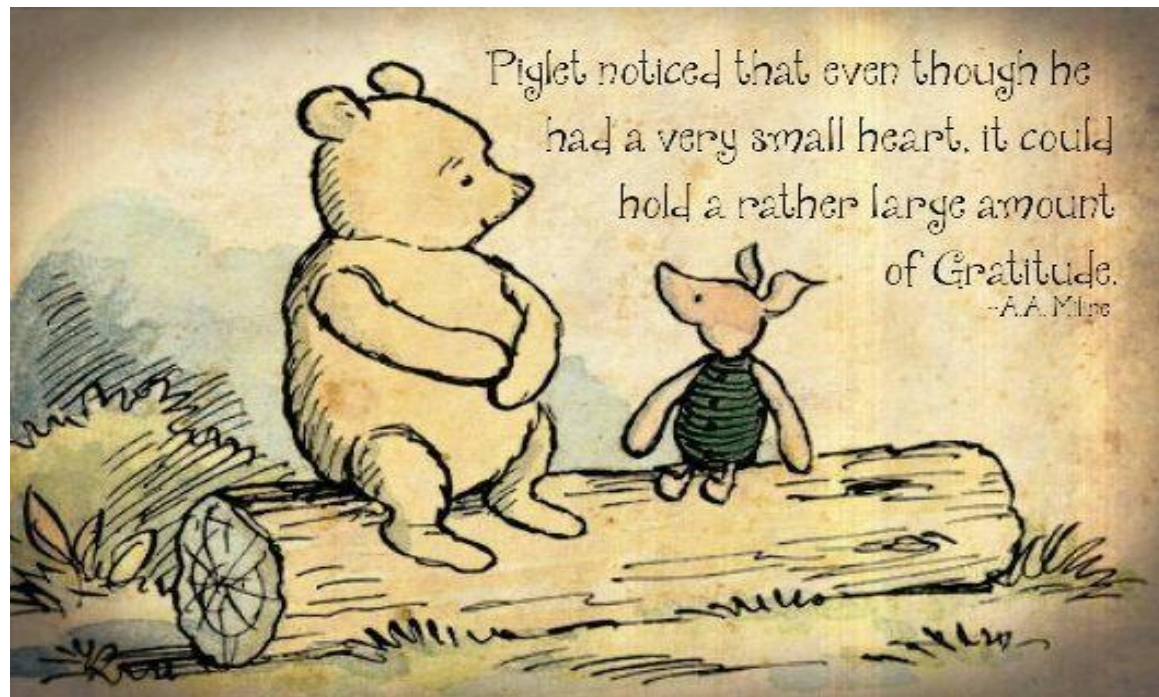
Gratitude



Hamilton Family Health Team
Better care, together.

“turns out what we have is enough”

Research shows that grateful people are happier, healthier and more fulfilled. When we show gratitude we build resilience, increase self-esteem and are better able to recognize our own strengths and the strengths of others.



We have a natural negativity bias...

*"The brain is like Velcro for negative experiences
but Teflon for positive ones"*

- Rick Hanson, Hardwiring Happiness

Our brain is hard wired to be more sensitive to negative experiences and stimuli such as unpleasant thoughts, emotions or social interactions. These have a greater impact on how we feel than similar neutral or positive experiences. In other words, something very positive will generally have less of an impact on your thoughts and behaviour than something equally emotional but negative.

On average, we need 5 positives to balance out 1 negative. This is true for our personal relationships as well as how we feel within ourselves – our level of happiness.

In order to combat our natural negativity bias, adopt a regular gratitude practice in your life!

Activity – practice gratitude



Think about **3 things** you are grateful for today. Can be everyday things we take for granted or something specific about the day.

1.

2.

3.

Then think about **3 people** you are grateful for in your life. It can be someone you know or someone you don't; can be someone you just happened to cross paths with on the way to group or can be someone in your home.

1.

2.

3.

Think about one of the 3 people you listed in the last exercise and fill out the script below:



I feel/felt _____

When
you _____

I would like to thank you for _____

Later, you may want to take this further and write this person a thank you note or call and tell them what you are grateful for and/or how it helped make you who you are today.

Ready, Set, Goal!

Hopefully you've been practicing setting and working toward your SMART goals throughout this program. Don't stop now! This may only be the start of your journey. The trick to long term success and staying on track is continual goal setting. Is there a goal that you had in mind at the start of this program that you haven't yet started to work towards? This is your time! Consider writing a SMART goal to get you started on this specific pursuit before you leave today.

Don't wait until you've reached your goal to be proud of yourself.

Be proud of every step you take toward reaching your goal.

~Ulker Selimli

Set a goal that makes you want to jump out of bed in the morning!

Weekly Challenges



- Continue to use your ME journal and practice mindful eating
- Use STOP to help manage food cravings
- Pick a situation to practice being assertive at least once this week
- Practice a strategy to increase happiness
- Adopt a daily gratitude practice
- Write a SMART goal

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?

Follow-up options



Congratulations on completing the ME program!

You have already achieved tremendous success by taking these first important steps toward improving your health and wellbeing. In order to help you continue to move forward toward achieving your long term health goals, there are a few different follow-up options to help you stay on track:

- Take this program again
- Sign up for another group program
- Attend the monthly Change for Life nutrition support group program
- Follow-up with your Registered Dietitian and/or Mental Health counsellor in your family practice

Your Feedback



Please take a some time to complete any post-group evaluation forms as well as the participant feedback form.

Take a moment to reflect on...

- your overall experience over the past 6 weeks
- progress noted from your questionnaires
- any new knowledge you may now possess
- new thought patterns or behaviours that you're engaging in
- new habits that you're forming