


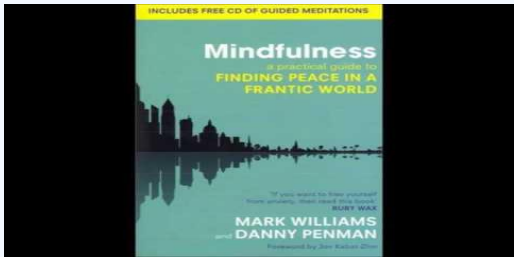
Shedding the Weight

Week 2

Main Line
587-287-1727

Mindful Breathing





Week 1: Recap





Mindful Moment:

- Bringing Awareness to Breath



Mastering Our Minds:

- Neuroplasticity



Stress Reduction:

- Introduction to Stress Reduction



Serving up a New Skill:

- Building Awareness
- Am I Hungry?

Week 2: Approaching the Table



- Mindful Moment:**
- o 3 Minute Breathing Space



- Stress Reduction:**
- o Problem Solving
 - o Setting Boundaries



- Mastering Our Minds:**
- o Mindful Eating
 - o Types of Hunger
 - o Triggers and Responses



- Serving up a New Skill:**
- o Deactivating a Trigger
 - o Nurturing Yourself

Stress Reduction



- Reducing unnecessary stress in our lives:
 - Effective Problem Solving
 - Setting Boundaries



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Advantages of Worry?

- Why do we worry?
- When is it out of balance?
- What are some positive things that come from our worries?




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Problem Solving Tree



Notice the worry/Identify the Problem

Can I do anything about it?

No


Yes

Later

Now


Put in dated envelope

Create an Action Plan


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Action Plan

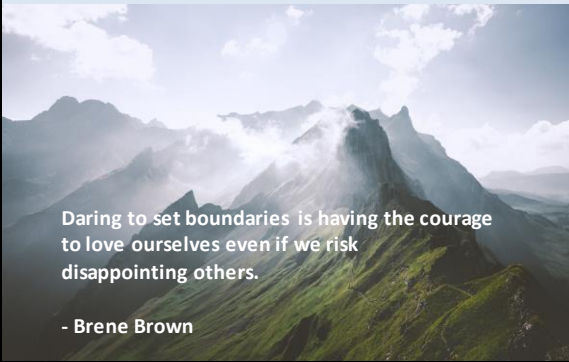



Situation	Action
	What:
	When:
	How

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Setting Boundaries



Daring to set boundaries is having the courage to love ourselves even if we risk disappointing others.

- Brene Brown

Brene Brown: Boundaries



Mindful Eating



- Eating with intention and awareness
- Awareness of body cues; recognition of non-hunger triggers for eating; selection of food for both nourishment and enjoyment; eating for optimal satisfaction and satiety; and using the fuel you've consumed to live vibrantly.
- Powerful tool for creating a healthier, happier relationship with food that supports total well-being
- Believe it or not if you have started to ask yourself, "Why do I eat the way I do?" and "Am I hungry?" you have started a Mindful Eating practice.



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Tuning into our Own Cues

It takes time to tune into our own cues of hunger and fullness. It can take even longer to experiment and see which combination of foods will make us function at our best.



Liberalize Your Food Rules

- Know that you can eat whatever you want BUT you must tune into you to see how that food or meal makes you feel.
- How is your mood? Energy? Cravings?



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Savor Your Food



If you don't love it, don't eat it, and if you love it, savor it.

— Evelyn Tribole —

AZ QUOTES



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If you love it...

- Turn off all distractions. The first 2 bites give you the most satisfaction so check your portion (do you really, really, really, really need that much?)
- Take small bites. Enjoy the guilt free experience, make it last.





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Types of Hunger






Stomach Hunger

- Physically hungry
- Eating for a medical reason



Mouth Hunger


- Craving a specific taste or texture



Heart Hunger


- Emotional need or learned behaviour


Taken from the Craving Change Program™



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What are some of the reasons we eat?

Food Association Exercise






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Identifying Triggers and Reponses







Watching a movie

Birthday Dinner


Feeling Stressed

Wanting to reward myself

What are some common responses?

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Identifying Triggers and Reponses



Watching a movie

Birthday Dinner

Feeling Stressed





Wanting to reward myself

Eat popcorn


Eat cake

Eat chips???

Eat ice cream???





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What about these?



Feeling anxious

Feeling tired

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The good news is that it is possible to unlearn.



Puppy and Leash Association



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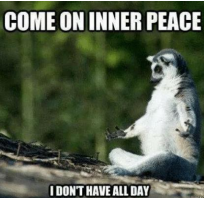
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What are potential triggers?

- Stress level
- Habit
- Situational/Circumstance
- Emotions/Negative thinking
- Others?



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External Triggers: Consider the Circumstance

Top examples:

- Getting home
- Sitting down after dinner
- Getting ready for bed
- Celebrating
- Shopping
- Preparing meals
- Dealing with health issues
- Working on the computer/studying
- Dealing with a difficult person

Deactivating a Trigger


- Now that we have identified a problematic trigger we can start to look at how to deactivate it.
- Worksheet: Deactivating a Trigger



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Nurturing Yourself

- To deactivate: pair the trigger with a new response.
- What is another way to cope when you are triggered?
- Worksheet: Nurturing Myself



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Week 2: Check Out



- Mindful Moment:**
- o 3 Minute Breathing Space



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24 Things to be Grateful For



