



The format of the class will be instructional; thus, you will be muted throughout.



Join the audio by pressing the headphones symbol



If you would like to answer a question or interact with the presenter, type your message or comment in the chat box (you can select for the message to be routed directly to the presenter).

Welcome to the Eating patterns Workshop!

We will wait a few minutes for others to join

About your presenter

Behavioral health consultant in your doctor's office.

Mental Health: anxiety, depression, grief, adjusting to life

Health Goals: exercise, eating healthy, better sleep, following Dr's treatment plans

Short-term (1-6 visits for 30-minute appointments)

I can provide referrals or consult with your doctor regarding your needs

Main purpose: make sure we're taking care of you, body and mind!

Agenda

1. Why we struggle with food
2. Psychological flexibility
3. AIM (Attunement, Intention, Mindfulness)/ Embodied Eating
4. Shame to self-compassion
5. When to seek additional help
6. Resources





The goal of this workshop

Promote appreciation, acceptance, and respect of your body. Heal relationship with food. Becoming more at peace with your body.

It is NOT to lose weight,
but it can become a side effect.

When did you first learn your body was a problem?

- If you were at the weight you thought you should be,
 - what would be different in your life?
- What are some of your rules about food/body?

The struggle with food

- Our lives are centered around food
- Our society values thinness. In fact, it is the ideal. Diet culture teaches us, from a very young age, that “skinny” is right, and “fat” is wrong and *shameful*.
- We are heavily influenced by what the media portrays as attractive. For women, it is thinness and for men it is being muscular.
- Most people stopped listening to the body’s natural hunger cues.

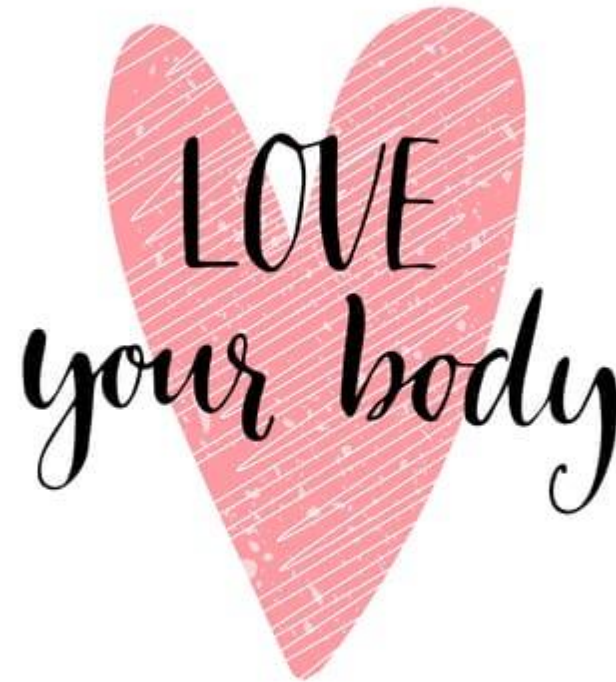
cues that have nothing to do with actual hunger

- Emotional eating
- Numbness
- Comfort
- Filling a void
- Stress/anxiety
- Sadness
- External eating
- Smell of food
- Picture of food



Relationship with food and the body

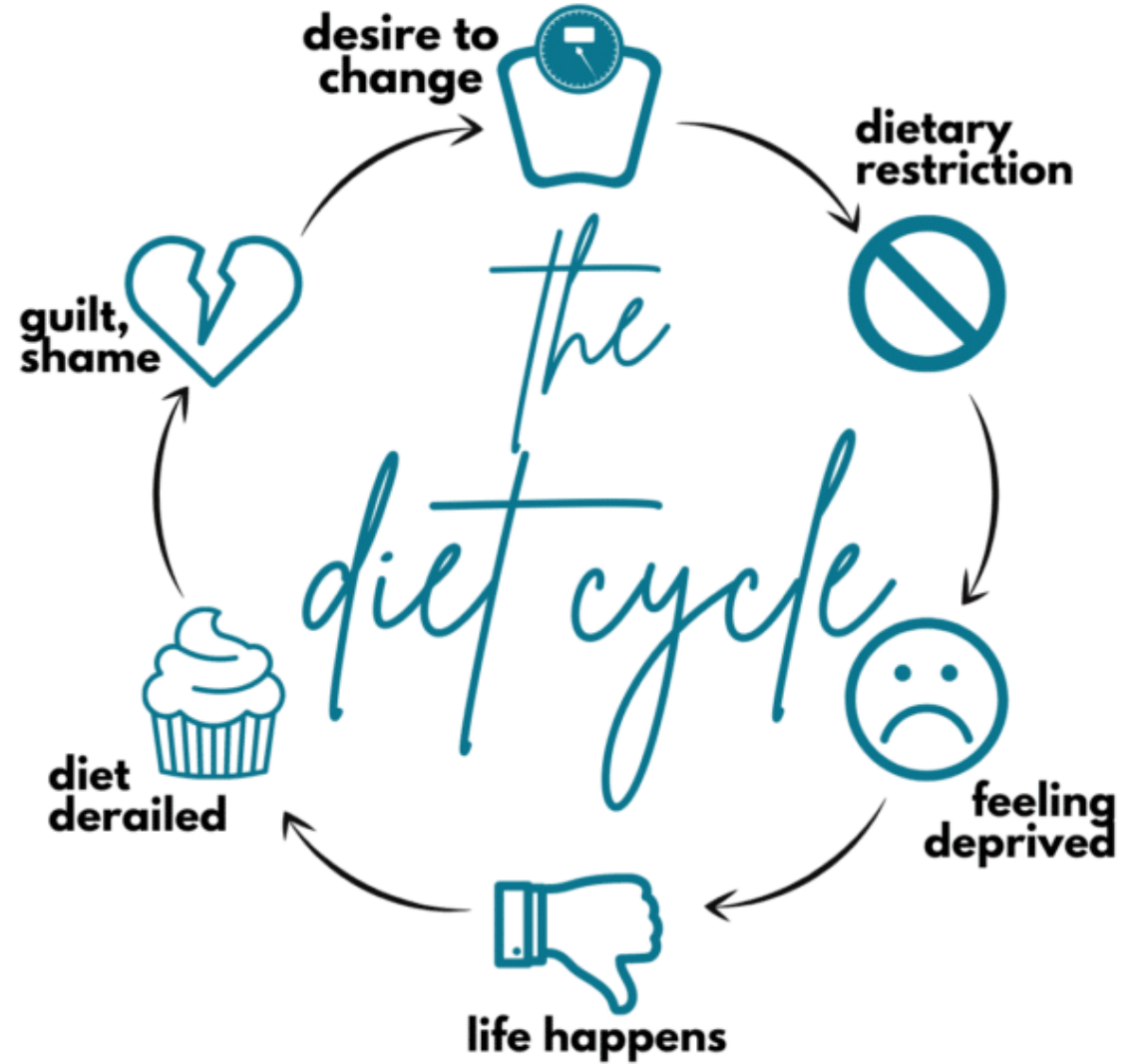
- Most people are influenced not only by societal pressures, but within the home as well—whether it is direct or indirect.
- Instead of exercising because we want to take care of our bodies/because we love our bodies/to keep ourselves healthy, we want to get thinner and smaller.
- You learned all of this without your permission. It's not your fault, but it is your responsibility to unlearn.



DIETS
DON'T
WORK. 

- What we're told works, really doesn't. 95% of people gain the weight back and 33% of people gain even more weight after the diet.

Diet Culture



overcompensating

- Skipping meals
- Over-exercising
- Fasting
- Eliminating food groups
- Disconnected from hunger/fullness
- Eating to discomfort
- Rigidity
- Dieting
- Guilt



Psychological Flexibility

- **Being Present:** Live in the now
- **Values:** Chosen direction
- **Acceptance:** Be courageous, willing and open
- **Perspective Taking:** Take in the view
- **Cognitive Defusion:** Get space from the “news feed” of your thoughts
- **Committed Action:** Fall on purpose and why it matters



BE PRESENT/Embodied eating

One eye in

Appetite awareness

-how hungry on a scale of 0-10

Eating awareness

-eating without distractions

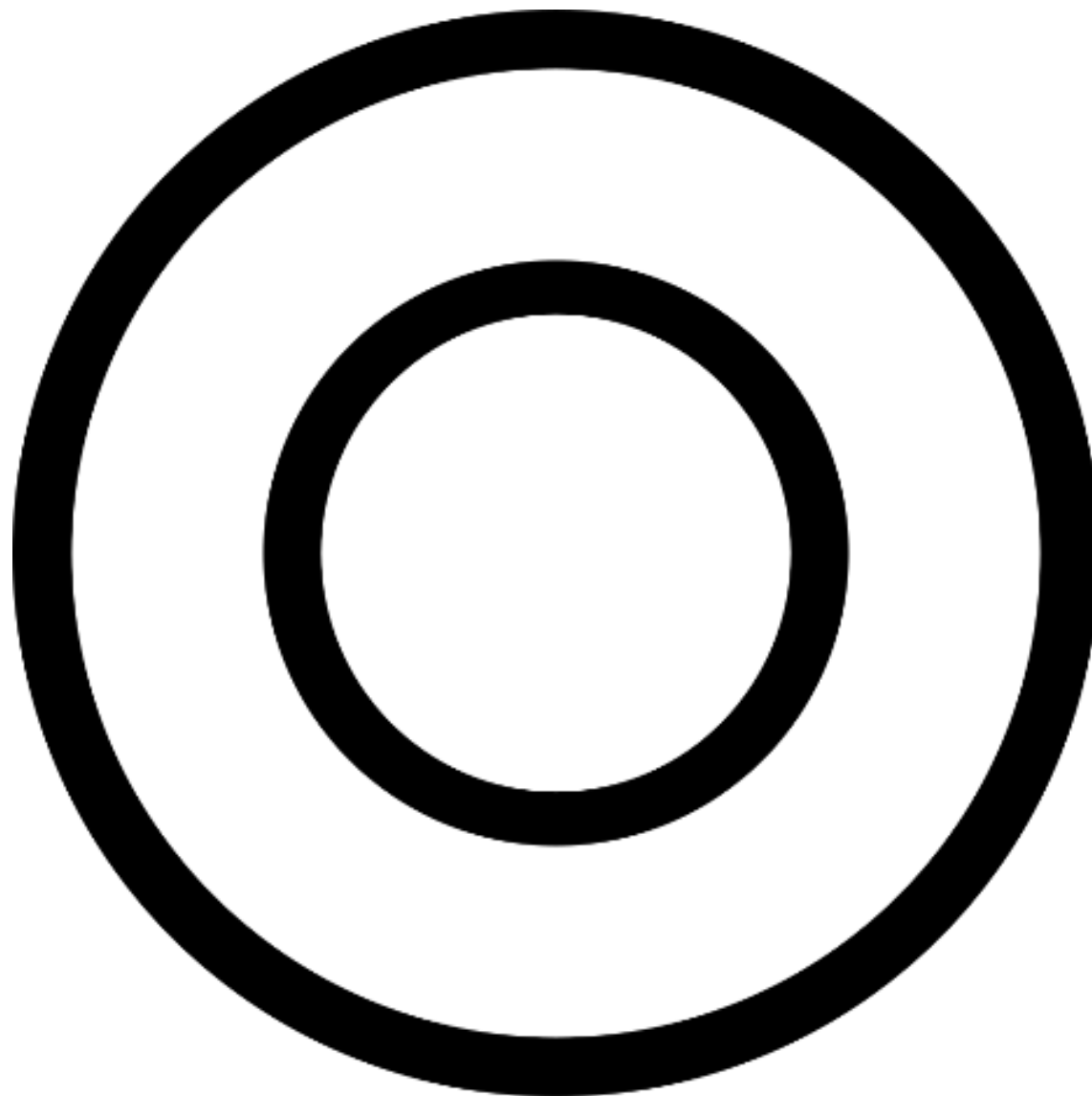
-how the food feels in body

One eye out

Food awareness

Ecosystem awareness

One eye in
one eye out



- **Present:** Being present in your body. Listening to natural hunger cues.
- **Values:** being thin is NOT a value. What is important to you? What are you missing? What kind of things can you point out around you that you care about? If you liked how you looked, what would you do different that you are not doing now?
- **Acceptance:** Allowing unwanted internal experiences; Welcoming the unwelcome; Making space for your full experience; Getting curious.

- **Cognitive defusion:** “I’m having a thought I am fat” vs “I am fat”
- **Perspective Taking:** You are more than the stories your mind creates.
- **Committed action:** Choosing the meaningful moments



Attuned Eating

- Dieting= rigidity
 - Binging= chaos
 - Attuned eating= integration
-
- Dan Siegel

Attunement

- How do you know when you are hungry?
- What am I hungry for right now?



Be seen. Be heard. Be healed.SM

Intention

- How do I want to feel when I'm done eating, brain stomach connection. Too much? Good to know for next



mindfulness

Being present without judgment. Slow down and notice how the food smells, the colors, shapes, textures, and how our body feels as we eat it. Ideally, mindful eating is eating at a table without distraction.



6 Ways to Practice Mindful Eating

Mindless Eating

- 1** Eating past full and ignoring your body's signals
- 2** Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3** Eating alone, at random times and places
- 4** Eating foods that are emotionally comforting
- 5** Eating and multitasking
- 6** Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

List created by Christopher Willard PsyD

10 Principles of Intuitive Eating

Reject the diet mentality

Honor your hunger

Make Peace with Food

Challenge the Food Police

Respect your Fullness

Discover the Satisfaction Factor

Honor your Feelings without Using Food

Respect your Body

Exercise—Feel the Difference

Honor your Health

(Evelyn Tribole and Elyse Resch, 1995)

Shame to self compassion

How we talk to ourselves can either perpetuate or break the diet mentality, help us to change our relationship with food, and work towards building acceptance of our bodies.

50 REASONS *to* EXERCISE

by Neila Rey | neilarey.com

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone & colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance & coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life

Be seen. Be heard. Be healed



shame

- Shame thrives on secrecy, silence, and judgment. People might experience some shame related to our bodies and our decisions related to food.

"I was bad today."

- Sometimes, people may base their worth on their weight or outward appearance.

"I am not enough."

- Furthermore, people may have unrealistic expectations of the emotions they will feel if they were thin.

"When I lose weight, then I'll be happy."

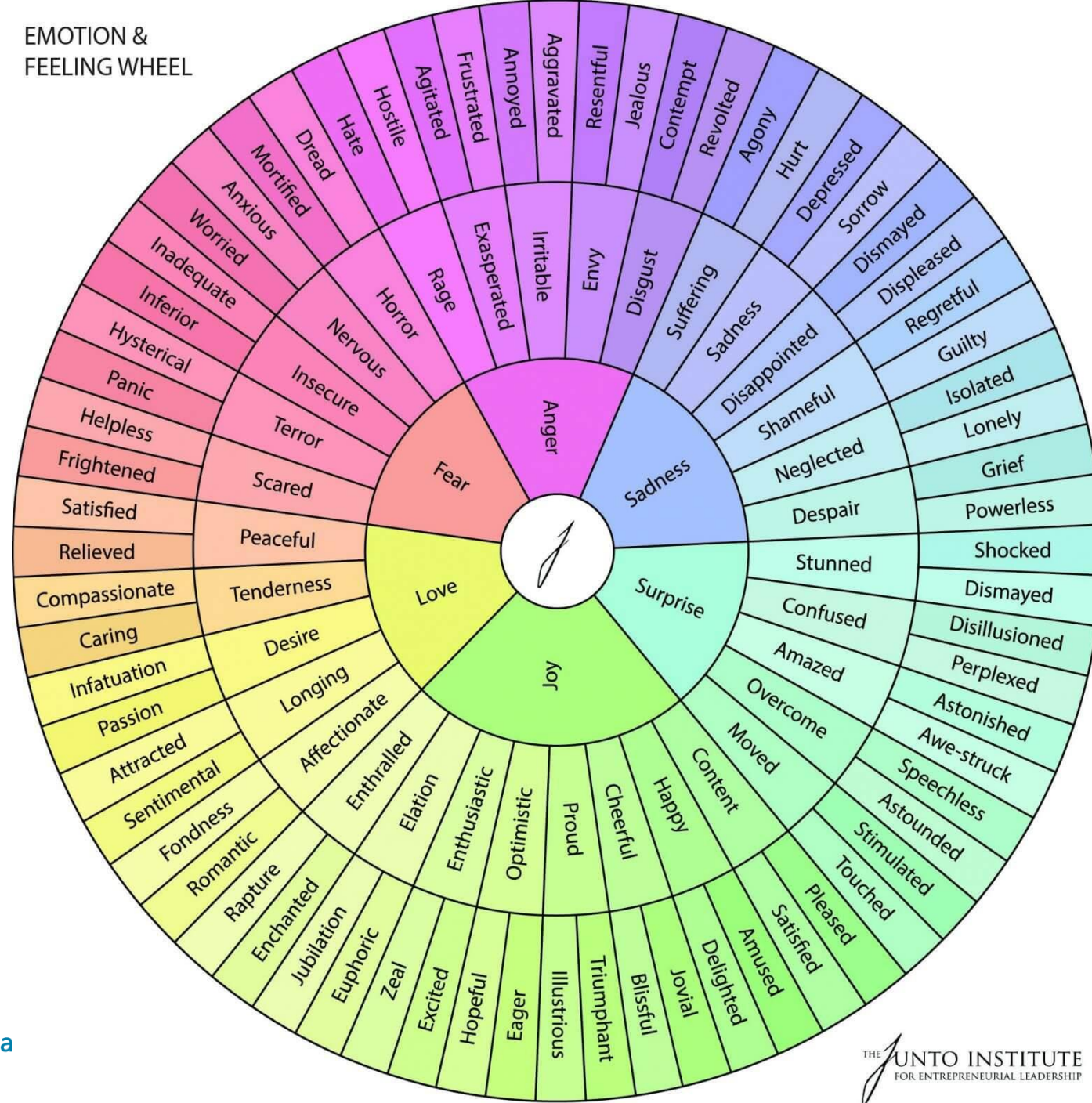
Self compassion matters

- If I'm reaching for food and I'm not hungry, something must be bothering me. What would I think about for feeling if I wasn't eating right now?
- You have permission to step away from feelings. But do it in an intentional way: taking a walk, watching a funny show, etc
- Build awareness to connect to self and to others.
- Name the feeling

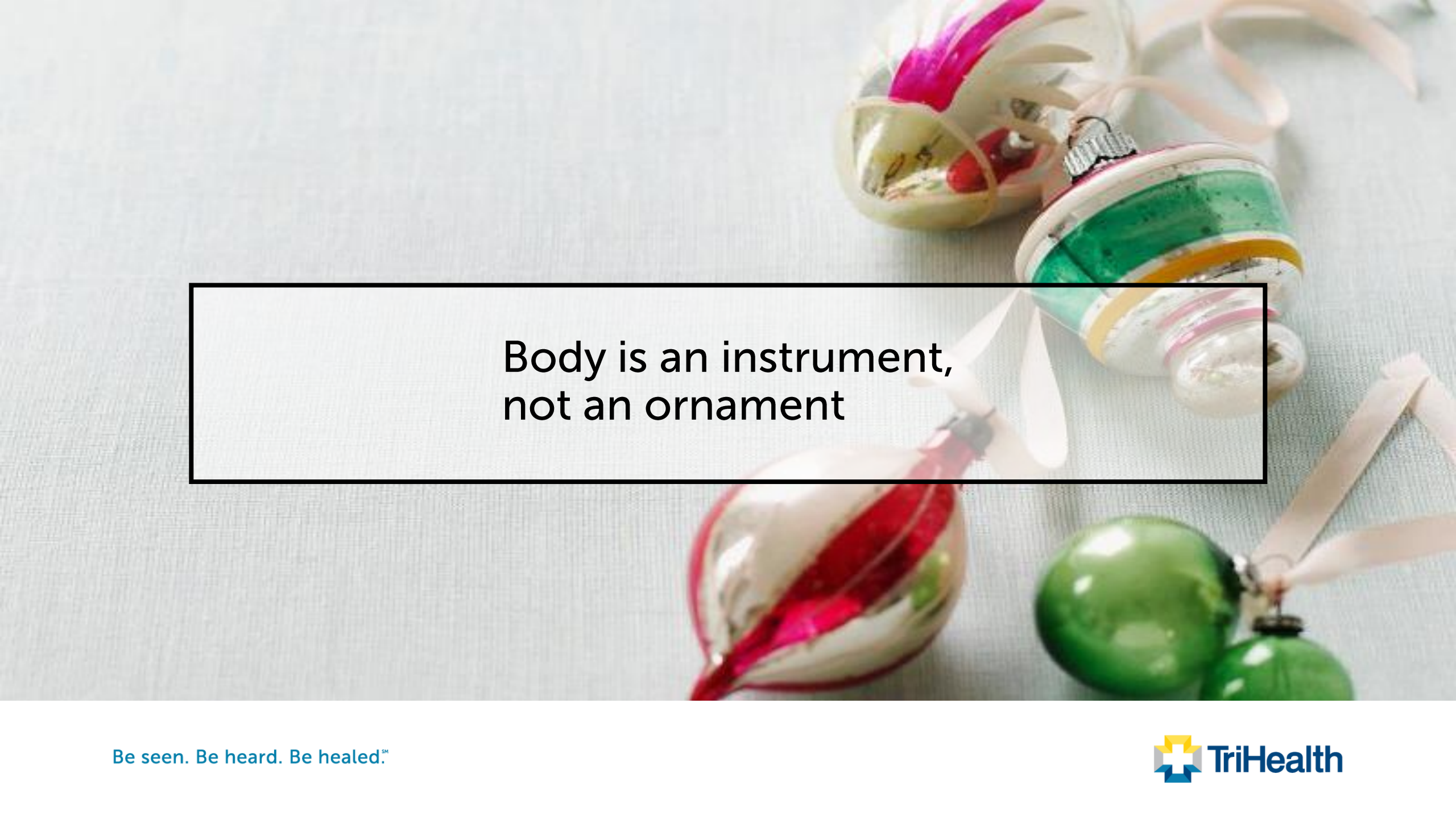


KRISTIN NEFF

EMOTION & FEELING WHEEL



Be seen. Be heard. Be heard.



Body is an instrument,
not an ornament



GRATITUDE TOWARD THE BODY

Be seen. Be heard. Be healed.SM





Computer exercise

Be seen. Be heard. Be healed.™



Help!

When to seek more help

- If you are restricting your food to the point you feel sick
- If you are actively trying to vomit after eating
- If you are losing a lot of weight in a short amount of time



Be seen. Be heard. Be healed.™





resources

- Recovery Record app
- Diet Survivor's Handbook- Judith Matz
- The Body Positivity Card Deck- Judith Matz
- More Than a Body: Your Body is an Instrument, Not an Ornament- Lexie and Lindsay Kite
- The Body is Not an Apology- Sonya Renee Taylor

Final thoughts/
questions?



Thank You!

