CENTER FOR HEALTHY LIVING
KAISER PERMANENTE®

VIRTUAL WORKSHOP

Healthy Balance

Understanding Eating Behaviors

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Welcome!

We will begin shortly. For the best experience:

- Make sure you have a strong internet connection.
- Close all other apps and programs.
- Turn your volume up.
- If you're using a smart device, do not leave the web page app once you've joined the session.
- By default, you've been placed on mute. If the audio feature is turned on, please mute your audio unless you have a question.

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EMMI Video Discussion/Reflection:

What did you learn about sugary drinks and alcohol?

12 OUNCE CAN OF SODA HAS 11 TSP OF SUGAR

EAT, DON'T DRINK, YOUR FRUIT

ALCOHOL IMPACTS YOUR DECISION MAKING AND YOUR SLEEP

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Discussion/Reflection Question

What eating benefits do you receive through being mindful?

Discover Life Care Planning

- It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.
- You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

Do you know who this person would be?

To learn more:

- **Visit** kp.org/lifecareplan
- **Register** for a Life Care Planning Virtual Workshop

Center for Healthy Living
619-641-4194

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Check-In/Reflection

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Reflect on your action plan from the last workshop.

- What's been successful?
- What's been challenging?

Share what has been working and not working with your peers. Brainstorm or share solutions together.

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Welcome!

We are in **Breakout Groups** – be back in a moment!

If you know how, use the **Everyone** chat to let us know you are here

Otherwise, just relax for a few minutes and we will be back soon!

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Today's Discussion

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At the end of today's discussion, you will be able to:

Assess your hunger

Learn about your eating behaviors

Practice mindful eating

Other

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San Diego, CA

What is mindful eating?

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Hunger Scale

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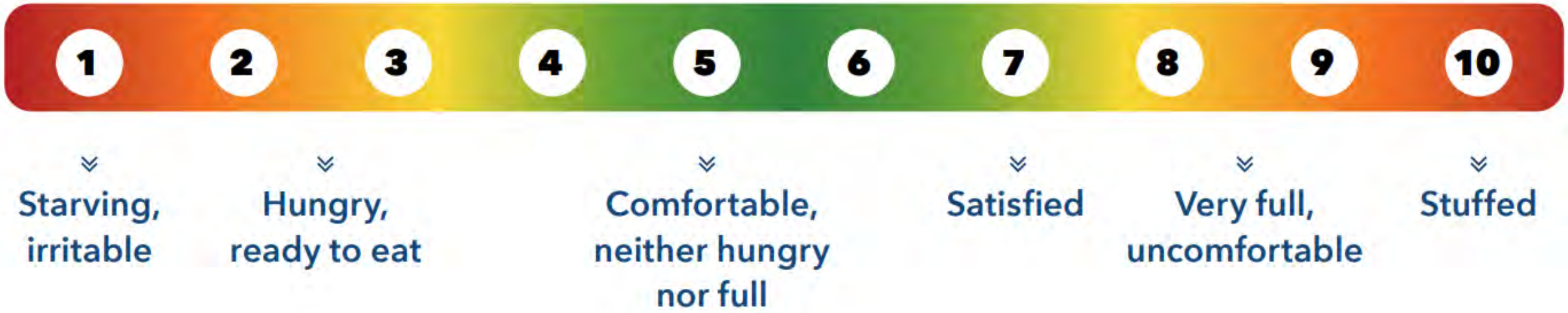

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Physical Versus Emotional Hunger

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	Physical Hunger	Emotional Hunger
How it starts	Gradual	Sudden
What foods	Any food	Specific food
How it feels	Enjoyment in taste of food	Enjoyment of first bite only
When satisfied	Stop eating	Keep eating
How it feels after	Satisfaction	Guilt and shame

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BASICS of Mindful Eating

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B	• Belly check for hunger
A	• Assess your food
S	• Slow down
I	• Investigate your hunger throughout the meal
C	• Chew your food thoroughly
S	• Savor your food

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Mindful Eating Practice

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San Diego, CA

How does your environment affect your weight?

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Relationships

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- What kinds of relationships support your journey to health?
- How is your relationship with yourself?

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What factors affect your weight management?

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- Healthy eating
- Physical activity
- Self-management
- Support system
- Self-esteem
- Snacking/grazing
- Cravings
- Eating out

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Ironic Process Theory/White Bear Effect

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- When you try not to think about something
  - Psychological process occurs
  - We try to suppress certain thoughts, but end up more likely to think about them
- Brain unconsciously and automatically scans for the thought

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Preferences Versus Perfection

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- Discover what you can do long term, rather than doing things 100% perfect
- Don’t force yourself to eat things or do things that you don’t like
  - Can you eat those things or do those things for weeks? Months?

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How do you feel about this word when it relates to eating?

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CHEAT

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Choose to

~~CH~~EAT

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What makes a meal satisfying?

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How does mindful eating help?

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What do you want to focus on this week?

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Create Your Action Plan

- Is it ***specific***?
- Is it ***realistic*** for you ***this week***?
- What will help you get to this goal?

Assess your hunger

Learn about your eating behaviors

Practice mindful eating

Other

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Next Week!

Dining Out Successfully

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