



While you are waiting, please go and grab a piece of fruit, nut, cracker, raisin, etc.

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Welcome to Maintenance!

Today's Topic: *WHERE* Are You Hungry? Mindful Eating.
By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

Key Message

You can choose to eat mindfully by learning to manage your 4 types of hunger.

Physical Hunger

Sensory Hunger

Emotional Hunger

Practical Hunger

4 Types of Hunger

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WHERE are you hungry?

Physical Hunger

- Recognized by physical hunger cues.
- Satisfied after eating food.
- Builds slowly over time.

Sensory Hunger

- Triggered by your senses.
- Crave specific food or flavor.
- Fulfilled by satisfying the craving.

Emotional Hunger

- Eating for emotional reasons.
- Using food as a coping mechanism to numb or distract yourself.

Practical Hunger

- Eating at a convenient time of day.

4 Types of Hunger

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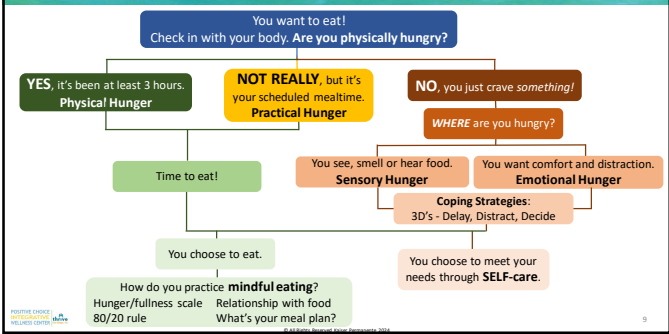
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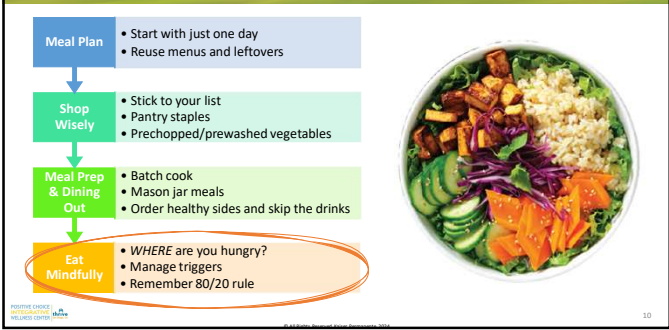
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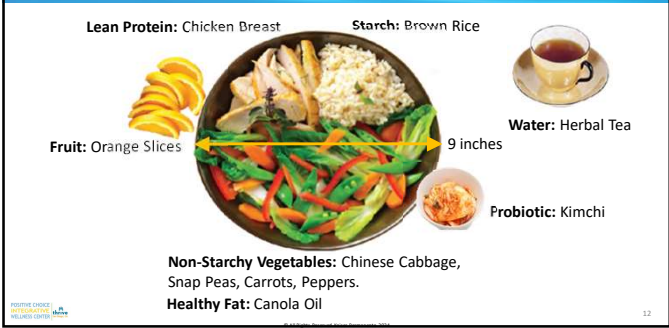
Mindful Eating Decision Tree: What's Your Path?



What's Your Plan?

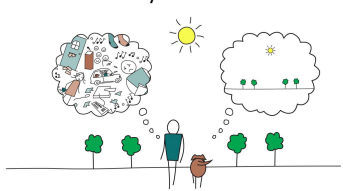


Simple Steps to Building a Balanced Plate



What Is Mindful Eating?


Mindful eating is an in-the-moment awareness of your thoughts, emotions, and sensations while you eat.



Mind Full, or Mindful?

FOOD FOR THOUGHT: How can you be more mindful when you eat?

Hunger and Fullness Scale



0 1 2 3 4 5 6 7 8 9 10

Ravenous Extremely Hungry Very Hungry Hungry Slightly Hungry Neutral Satisfied Full Very Full Extremely Full Uncomfortably Full

Optimal Range

LET'S PRACTICE: Mindful Coffee Break

Instead of going over your to-do list in your head, could you...

- Feel your feet as you walk to the coffee pot
- Be mindful of your movements as you prepare your beverage
- Notice aromas, temperature, sensations
- Take a few mindful sips



Mindful Eating Practice

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Ways To Eat More Mindfully

- Notice *WHERE* are you hungry?
- Eat without multitasking
- Eat seated at the table
- Put utensil down between bites
- Chew thoroughly
- Savor
- Log your food
- Other?

Nutrition Note:
Explore more on this topic by attending the "Mindful Eating" Boosters class.

Maintenance Bookshelf: Mindful Eating Placemat

Maintenance

Day	Time	Instructor & Link
Monday	6:30 PM	Teresa L.B.
Wednesday	10:00 AM	Teresa L.B.
Thursday	4:00 PM	Lizzy K. (Elizabeth)
Thursday	6:00 PM	Lizzy K. (Elizabeth)

Program Materials

- Ideas For Meals And Snacks
- Meal Planning Worksheet
- Healthy Food Choices Worksheet
- Mindful Eating Placemat
- Nutrition And Medical Goals

Exercise Videos:

- Fitness Packet
- SECA Results

Tracking Tools:

- Daily Behavior Review
- Daily Wellness Planner

Positive Choice Programs:

- Mindful Eating Placemat

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Relationship with Food

What is your relationship with food?



Nutrition Note: There is no shame in getting support.

- Your mental health is just as important as your physical health. Getting the right care is key to helping you heal.
- Developing a healthy relationship with food takes time. Talking to a professional about any disordered eating habits or eating disorders can be helpful.

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80/20 Rule

You don't have to be perfect, just be consistent with your new behavior most of the time to make progress.

Progress over perfection.

It is okay to indulge occasionally.

Practice self-compassion.



FOOD FOR THOUGHT: How do you support and encourage yourself?

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Decision Tree: Emotional Or Sensory Hunger

You want to eat!
Check in with your body. Are you physically hungry?

NO, you just crave something!

What's hungry? Where?

You see, smell or hear food. **Sensory Hunger**

You want comfort and distraction. **Emotional Hunger**

Coping Strategies:
3D's - Delay, Distract, Decide

You choose to eat.

How do you practice **mindful eating**?
Hunger/fullness scale
80/20 rule

You choose to meet your needs through **SELF-care**.

What's your meal plan?

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Meeting Needs Successfully

Have you ever caught yourself reaching for food when you are experiencing strong emotions?

Yes, way to go!
This is an act of mindfulness.

No, that's okay.
This lesson will help you to build the skill to tie that urge to **emotional** hunger.

FOOD FOR THOUGHT: What emotional needs do you have?


Meeting Needs Successfully

I take a break from work and immediately go to the fridge to look for something to eat. But then I check in with my body. I am not physically hungry. What am I? What do I need? Hmm...I close my eyes for a second and take a deep breath, scan my body. I think I feel hunger in my brain. I need some entertainment. I need something fun. Sure, food can be fun; however, there are other things I can do to satisfy my emotional need for a fun break from... work?

What else can be a fun break?

FOOD FOR THOUGHT: What can you do when you feel emotionally stressed or tired?




The 3 "D's" for Managing Triggers




1)Delay

2)Distract

3)Determine





FOOD FOR THOUGHT: What are some coping strategies that work for you?

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Episode 28

thrive

POSITIVE CHOICE WELLNESS PODCAST

Getting the Self-Care You Need

featuring SHANNON HOLTE

LIFESTYLE EDUCATOR II, LICENSED PROFESSIONAL COUNSELOR

A PODCAST BY POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

QR Code

Self-Care Podcast

Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

Before Weight Loss

After Weight Loss

Healthy Plate

Exercise

Support Group

Nutrition Note:

Long term weight management is possible with **SUSTAINED** behavior change!

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more **sustainable** than a set number.

It **takes time** to learn to care for your new healthier body.

Remember the **80/20 rule**.

Progress over perfection!

Person holding a large red heart

FOOD FOR THOUGHT: How do you support and encourage yourself?

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What change would you like to work on this week?

• This week, I will _____
(Action Plan)
_____.

Identify 4 types of hunger

Manage food triggers

Practice self-care

Other

NUTRITION NOTE:

• Motivation is built by the frequency, not the size, of successful changes.

Next Week...

It Starts With The Cart

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