

# WHERE Are You Hungry? Mindful Eating.

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

## Welcome to Maintenance!

Today's Topic: *WHERE* Are You Hungry? Mindful Eating.

*During the session, please mute your audio unless you have a question.*

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### Group Check-In

and or

- What has worked well for you since last week?

**Nutrition Note:**

- Long term weight management is possible with **SUSTAINED** behavior change.

 Balanced Plate: Fiber + Protein	 Daily Activity	 Tracking	 Support
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### 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? Mindful Eating.

## 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.

**4 Types of Hunger**

**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.

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## Mindful Eating Decision Tree: What's Your Path?

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    graph TD
      Start[You want to eat!  
Check in with your body. Are you physically hungry?] --> Yes[YES, it's been at least 3 hours.  
Physical Hunger]
      Start --> NotReally[NOT REALLY, but it's your scheduled mealtime.  
Practical Hunger]
      Start --> No[NO, you just crave something!]
      
      Yes --> Time[Time to eat!]
      Time --> Eat[You choose to eat.]
      Eat --> Mindful[How do you practice mindful eating?  
Hunger/fullness scale 80/20 rule  
Relationship with food  
What's your meal plan?]
      
      NotReally --> Eat
      Eat --> Mindful
      
      No --> Where[WHERE are you hungry?]
      Where --> Sensory[You see, smell or hear food.  
Sensory Hunger]
      Where --> Emotional[You want comfort and distraction.  
Emotional Hunger]
      
      Sensory --> Coping[Coping Strategies:  
3D's - Delay, Distract, Decide]
      Emotional --> Coping
      
      Coping --> SelfCare[You choose to meet your needs through SELF-care.]
  
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## Simple Steps to Building a Balanced Plate


**Lean Protein:** Chicken Breast




**Starch:** Brown Rice




**Water:** Herbal Tea




**Fruit:** Orange Slices



**9 inches**



**Probiotic:** Kimchi



**Non-Starchy Vegetables:** Chinese Cabbage, Snap Peas, Carrots, Peppers.

**Healthy Fat:** Canola Oil

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### 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?

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### Hunger and Fullness Scale

0 Ravenous  
1 Extremely Hungry  
2 Very Hungry  
3 Hungry  
4 Slightly Hungry  
5 Neutral  
6 Satisfied  
7 Full  
8 Very Full  
9 Extremely Full  
10 Uncomfortably Full

Optimal Range

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### 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

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WHERE Are You Hungry? Mindful Eating.

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?




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Maintenance Bookshelf: Mindful Eating Placemat

Welcome to the Maintenance Program

Resources

**Nutrition Resources**

- Ideas For Meals And Snacks
- Meal Planning Worksheets
- Healthy Cooking Recipes
- Mindful Eating Placemats
- Nutrition and Wellness Guide

**Tracking Tools**

- Daily Journal Record
- Easy Wellness Planner

**Further Education:**

- Passive Choice Podcasts

**Fitness Resources:**

- Exercise Videos
- Fitness Packets
- SECA Results

QR Code: Mindful Eating Placemats

**MINDFUL EATING**

#thrive

Take it slow! Eat mindfully. Chew more. Set the fork down between bites. Savor it. Eat with your family. Use the toy plate. Eat with your family. Chew more. Use the toy plate. Eat with your family. Chew more.

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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** and or

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  
Relationship with food  
What's your meal plan?

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

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**Meeting Needs Successfully** and or

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?

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### Meeting Needs Successfully

and or

*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?

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### 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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### Coping Strategies: Step 2) Distraction Techniques


**5-4-3-2-1**  
GROUNDING EXERCISE

-  **5** Things you can SEE
-  **4** Things you can FEEL
-  **3** Things you can HEAR
-  **2** Things you can SMELL
-  **1** Things you can TASTE

Deep breathing using your hand.



**SQUARE BREATHING**



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# WHERE Are You Hungry? Mindful Eating.

### Positive Choice Resources: Self-Care

Positive Choice Integrative Wellness Center  
1.6K subscribers

HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

Episode 28  
Positive Choice Wellness Podcast  
Getting the Self-Care You Need  
featuring SHANNON NOLTE  
LIFESTYLE EDUCATOR II, LICENSED PROFESSIONAL COUNSELOR  
A PODCAST BY POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

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### 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

**Nutrition Note:**  
• Long term weight management is possible with **SUSTAINED** behavior change!

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### 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!**

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

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What change would you like to work on this week?

- 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.

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Next Week...  
 It Starts With The Cart

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