“Running the workshop we would love to attend”

by Claire Toohey & Anjanette Casey
2014
Overview

- Meet and greet
- Mindful eating activities
- Discussion - Scope of practice for mindful eating
Caveat

- We are not experts – in fact we can’t be!
Caveat

- We will be covering some of our experience with mindful eating and what we have found helpful for ourselves and our clients.

- There is a wealth of knowledge and resources within ourselves, within this room, from many the wider community of colleagues both near and far.
Aims

- To explore mindfulness, mindful living, mindful eating and mindful eating practices.
- To develop some practical tips around mindful eating for ourselves and to use with our clients.
- To experience a mindful moment … and another … and another and perhaps one more
What is mindfulness?

Mindfulness activity and experience........
What is mindfulness?

- Being 100% present in the here and now, fully showing up for the experience of life presenting itself in this moment.
- Mindfulness means deliberately paying attention:
  - to the unfolding present moment,
  - nonjudgmentally
  - with acceptance of what is
  - Encompasses internal and external environment
Why mindfulness can’t really be taught, analysed and understood

- A little bit about the brain - the neuroscience of mindfulness
Left Brain

Right Brian
A Very Short history of mindfulness....

- Ancient practice of buddhists and yogis, along with nearly all other wisdom traditions around the world
- Jon Kabat-Zinn (1979) adapted ancient Buddhist and yogic practices to create Mindfulness-Based Stress Reduction (MBSR)
- Behavioural psychology - Third wave therapies (DBT, MBCT, ACT, )
mindful living / mindful eating
What is mindful eating?
Mindful Eating is...

- Observing, non-judgmentally the moment by moment experience of eating with acceptance.
- Awareness of both the internal and external environments before, during and after eating (not just the food):
  - Internal environment – Body, thoughts, emotion
  - External environment - Context of the eating experience
Mindless Eating

- Mindlessness of the:
  - Environmental triggers of eating
  - Process of eating
  - Sensations of hunger and fullness
  - Impact of emotional eating

"When we do not pay attention to the food in our mouth, it is as if we did not eat it." Jan Chozen Bays, MD
Why mindful eating

“Learn to empower your mind and body with awareness that supports your health and nudges your behaviour to follow suit!” Ellen Cullman, PhD, TCME Member
Why mindful eating.....

- Being an observer of our own eating experience allows awareness of the actual picture - of all that is happening right now both seen and unseen.
- Opens up opportunity for a choice around eating that is considered rather than an our eating behaviours being an automatic, reactive and habitual reaction
The Raisin Meditation
Not the Raisin Meditation
Not necessarily the raisin meditation
What's in it for our clients?
What's in it for our clients

<table>
<thead>
<tr>
<th>Mindful Eating fits perfectly with a Client Centred approach</th>
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<tbody>
<tr>
<td>Awareness of the moment – choice to make change</td>
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<tr>
<td>There's no right or wrong way to eat - increased awareness of the effects of their eating choices (without judgment) helps our client make wise choices that are right for them</td>
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<tr>
<td>Finding a balance between nutritional knowledge and intuition (developing and trusting their internal nutritionist)</td>
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</table>
What's in it for our clients

May become aware of physical hunger and satiety cues to guide decisions to start and stop eating

May become aware of the positive and nurturing opportunities of food preparation and consumption

May choose to eat food that are both pleasing and nourishing to the body by using their senses to explore, savour and taste;

May become aware of their triggers for **mindless** eating – have choice about how you want to react to these

Improved health outcomes
What's in it for YOU?
<table>
<thead>
<tr>
<th>What's in it for….</th>
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<tbody>
<tr>
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<td>✓</td>
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How do we do it?
Mindful Eating in Action

Intention + Attention
Mindful Eating in Action

Space + choice
Mindful Eating in Action

Action, Reflection + Practice
Mindful Eating in Action

- Awareness
- Curiosity
- Letting go
- Acceptance
- Practice and repetition

Intention + Attention

- Space + Choice

Action, Reflection + Practice

- Anchoring (being) in the moment
- Non judgement & Compassion
- Making conscious food choices

Acceptance

Awareness
Shifting where we focus our attention
"Savouring food not only enables us to enjoy it's qualities, but it also helps us discern how it affects our body and mood." Gretchen Newmarket
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>With who?</th>
<th>What was I doing?</th>
<th>BEFORE EATING</th>
<th>DURING EATING</th>
<th>AFTER EATING</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mindful Rating</td>
<td>Food Eaten</td>
<td>Mindful Rating</td>
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<td>Fullness Rating</td>
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**Comments / Reflections:**

I can have it if I want it, do but do I really want it / will I really enjoy it?  
I can have it if I want it, but do I really feel like it now/will I really enjoy it now?

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**KEY**

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<th>Mindful Eating Rating</th>
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<tbody>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>No awareness</td>
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<tbody>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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<td>Empty</td>
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Mindful Living / Eating Activities

SAVOR...
Scope of application

Mindful eating with clients with eating disorders:

- Anorexia Nervosa (proceed with caution)
- Bulimia Nervosa
- Using ME with other clients – open discussion
Moving towards natural eating

PHASE 1
Trusting meal plan / regular eating
- Retraining the body - how much food is required for health

PHASE 2
Variety & Flexibility
- Variety within food group
- Challenge food rules
- Morally neutral voice around food
- What type of food do I feel like?

PHASE 3
Internal trust
- Mindful eating
- Re-calibrating hunger and satiety mechanisms
- Intuitive eating

Eating choices dictated by food rules

Natural, appetite driven eating
Key points

Creating a space to make choice and change

Try before you buy

Just as helpful for us and it is our clients

Do it, Practice it, live it – make it habit

OSDNFA

Mindful before, during and after eating
How would you use mindful eating for yourself or your clients?
Resources
Co-founder - Megrette Fletcher, is a dietitian and certified diabetes educator and a professional speaker
Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time

By Pavel Georgievich Somov
Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food--includes CD

By Jan Chozen Bays
Michelle May

Am I Hungry?

Eat Mindfully, Live Vibrantly