

SESSION ONE: HOME PRACTICE

Introduction: Inner Wisdom/Outer Wisdom

“Reflect on planting new seeds in your diet and your life.”

~ Donald Altman

THEMES

Often our eating feels out of control because we develop automatic habits that we are not even aware of. Traditional diets may help by providing us new guidelines, but they may separate us even more from the natural wisdom of the body.

- This session introduced the concepts of ‘inner wisdom’ and ‘outer wisdom’, and two important tools: learning how to savor your food in the moment, and practicing the simple skill of mindfulness meditation, as a way to train the mind to be more aware, balanced, and less caught up in old habits and automatic reactions.

PRACTICES

1. Mindfulness Meditation

Practice meditating **at least six times** during the week, using Track 1 of audio file Set 1, or if you wish, Track 2, which has briefer instructions and more quiet space. Both of these are 10 minutes long. **Experiment with creating a meditation space and time to practice.** Some people prefer morning and others evening, but it is better not to practice right after a large meal or to wait until you are very tired. Try out different chairs if you’d like. A recliner is too relaxing; it is easier to stay awake and alert in a more upright chair. **Before next session, try to settle on a regular time and space to practice meditation.**

Inform other people in your living space what you are planning to do and request their assistance with not disturbing you while you are meditating. It is sometimes helpful to set a timer in another room so others can keep track of your meditation time.

2. Mindful Eating

Begin observing your experiences with mindfully paying more attention to eating your food. This can be done very slowly, as in eating the raisin, or you can experiment with eating at a more usual speed, at the same time trying to savor your food more fully.

3. Use your journaling as you wish

You also have a journal sheet with a few “thought” questions that you might want to use to reflect more fully about your experiences. Using the journal sheet is entirely up to you. If you choose not to journal, at least consider the questions and think about how to answer, and if you’d like, jot some notes down on the ‘Other Comments” section of the Record Sheet. The questions for Week 1 are: “What am I learning about inner/outer wisdom that might be useful to me?”; “How might awareness play a part for me in getting my eating into better balance?”; “Even if weight loss is one goal, what else seems possible to get out of this program?”; and, “What, for me, are the values – and the challenges – so far, when I try to meditate?”

4. Complete the Daily Practice Tracking Sheet

The Daily Practice Record sheet provides both space to record your meditation practice and related experience, and space to note down observations about your experience of eating with awareness.

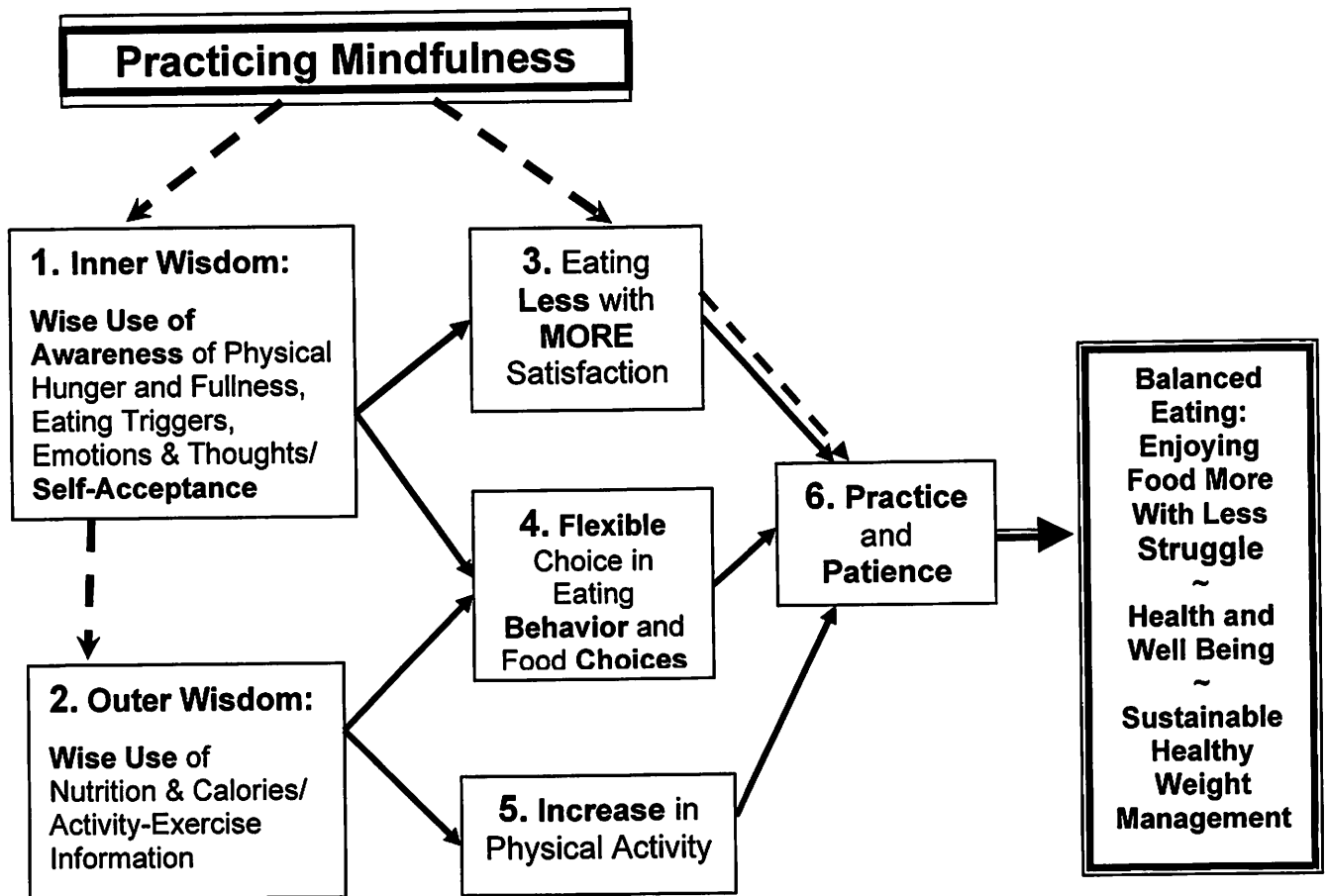
5. If you weigh yourself during the program, do so with curiosity, without judgement, and bringing a sense of kindness. ‘This is just information’ to notice as is helpful to find your personal balance in your body. Be aware of thoughts or feelings that arise when you do this. Be aware of both helpful ones and those that seem less helpful. Are there other ways to track how your body is changing, if it is, if you wish to, and your health and feelings of well-being? Fit of clothing, feelings of energy, focus, well-being,

TO REMEMBER:

1. Please try to **arrive 5-10 minutes early** for sessions to “settle in”, as the group sessions will start promptly on time. If this is ever a problem for you, please let your group leaders know in advance. If you are unexpectedly going to be late, please also contact them prior to the start of the group.
2. Please **bring your binders** with materials and handouts to every session.
3. If requested, bring in your **Daily Practice Tracking Sheet**.

Inner Wisdom/Outer Wisdom:

Creating Mindful Eating – Choosing Quality Over Quantity



Meditation Instructions – Session 1

1. Choose a time when you can take about 15 minutes to listen to the meditation audio. Morning, late afternoon or early evening is recommended, rather than just before bed time (you may tend to fall asleep).
2. Find a quiet place where you will not be disturbed. If there are other family members in the house, let them know that you would like to not be disturbed. If there are pets, keep them in another room if necessary. See if others can watch children if need be. Some people set a timer elsewhere in the house to let family members know when your quiet time is over.
3. Try to set up a regular time and place, but in the beginning, it may be valuable to experiment with different possibilities to get the best sense of what will work for you.
4. We recommend sitting in a chair where you can maintain a relaxed but erect posture. However, some people find they can sit cross-legged on a raised pillow more easily; others may prefer a more relaxed posture. However, too relaxed a posture may lead to drowsiness or falling asleep.
5. Listen to the meditation instruction with headphones if you prefer, or if there is a lot of background noise.
6. Keep in mind that learning to meditate is a skill. It may take a while to feel comfortable with trying something different. If you notice you are judging yourself – “I’m too distracted...I can’t get rid of my thoughts....I can’t concentrate...I’m too restless...”, just observe these as thoughts – and return your attention gently to your breath. Gradually, you will notice subtle changes, and that is part of the process.

Meditation Record - 1

Name: _____

Date:

Week:

Date/Day	Time: From ___ to ___	Comments
	From ____ to ____	
	From ____ to ____	
	From ____ to ____	
	From ____ to ____	
	From ____ to ____	
	From ____ to ____	
	From ____ to ____	

Other Comments/Thoughts:

Daily Practice Tracking Sheet

Name: _____

Date: _____

Week: 1 2 3 4 5 6 7 8 9 10

Enter the date/day, the audio Set (1 or 2) and Track #. IF you wish to do more than one sitting meditation on a given day, you can add another line to indicate that. If you need more room for comments (such as notes about experiences with sitting practice, continue below or on the back, indicating the date). For mini-meditations (starting with Week 2), use your best estimate of the number of times you did a 'mini' for at least 3 breaths; for a longer one (such as 1 – 3 minutes), you might like to indicate that also in the space provided.

Date/Day	Set/Track	Time: From __ to __ ____	Mini-Meditations (# of times)	Comments
		From _____ to _____		
		From _____ to _____		
		From _____ to _____		
		From _____ to _____		
		From _____ to _____		
		From _____ to _____		
		From _____ to _____		

Other Comments/Thoughts

Meditation/mindfulness Experience:

Mindful Eating Experience:

Name _____

Date _____

Keep In Balance® Questionnaire

Directions: For each of the 40 items, please indicate how often you engaged in this activity or experienced these thoughts or feelings in the last week. Place a check in the column that best applies, using the scale below. For the items that are not relevant to you, place a check in the column labeled NA for “not applicable.”

1 = never in the last week

3 = several times in the last week

5 = several times a day

2 = at least once in the last week

4 = once a day

NA = not applicable

	Item	1	2	3	4	5	N A
1.	I left food on my plate or discarded part of my snack.						
2.	I refused or did not take a second helping.						
3.	I ate food directly from the refrigerator/container (box, bag, bowl, etc.).						
4.	I considered the calories of what I am choosing to eat with a sense of curiosity instead of guilt.						
5.	I put away (or moved away from) tempting food which I knew I didn't want to eat.						
6.	I chose high quality/nutritious snacks to buy at the supermarket.						
7.	I avoided buying foods at the supermarket that I tend to overeat.						
8.	I noticed feelings in my stomach and body telling me how physically hungry I was.						
9.	I waited to eat until I felt physically hungry enough.						
10.	I stopped eating when I began to feel comfortably full.						
11.	I ate to the point of feeling uncomfortably full.						
12.	I stopped eating when I noticed I wasn't tasting the foods as much.						
13.	I ate slowly, mindfully experiencing each bite of what I was eating.						
14.	I stopped eating something because the pleasure of the taste went away.						
15.	I stopped eating something because it tasted unpleasantly sweet, greasy or rich.						
16.	I made up for over-eating earlier in the day by eating less later.						
17.	I ate something tempting, rationalizing by thinking, "I deserve this."						
18.	I ate something rich and then kept on because "I'd already blown it."						

1 = never in the last week
2 = at least once in the last week

3 = several times in the last week
4 = once a day

5 = several times a day
NA = not applicable

	Item	1	2	3	4	5	N A
19.	I overate after feeling "I just don't care."						
20.	I refused a tempting food, saying to myself, "I can always have it some other time."						
21.	I ate something tempting thinking "Just this once won't matter."						
22.	I overate after feeling upset about something.						
23.	I ate because I was putting off doing something else (procrastinating).						
24.	I ate because I felt like celebrating something.						
25.	I ate just because I was bored.						
26.	Even though I was upset, I allowed myself to have a small portion of a tempting food and didn't overeat.						
27.	I ate something I like very much without eating too much of it.						
28.	I let myself really enjoy and savor all the flavor and textures in a meal.						
29.	I had a "treat" without over-eating.						
30.	I refused food which someone else offered me.						
31.	I ate to a comfortable level at a social gathering.						
32.	I consciously chose the food I would eat at a party.						
33.	I ate a meal at a buffet without over-eating.						
34.	I took the stairs instead of an elevator.						
35.	I parked farther away from where I was going than necessary.						
36.	I walked actively for at least 10 minutes.						
37.	I walked actively for at least 20 minutes.						
38.	I engaged in aerobic exercise (walking, biking) for at least 10 minutes.						
39.	I engaged in aerobic exercise for at least 20 minutes.						

40.	I was active on my feet for at least 30 minutes (gardening, cleaning, or other chores involving lifting or bending).						
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