

SESSION SIX: HOME PRACTICE

Integrating Internal and External Wisdom: Becoming Mindful about Nutrition and Energy Balance

“You really can get to a point where you can feed yourself what you want, knowing that your body has the wisdom to balance it out.”

~ *Sunny Sea Gold . (2011). Food: The Good Girl's Drug.*

THEMES

Over the next week, you'll have the chance to work more on cultivating both 'inner wisdom' and 'outer wisdom'.

- By using mini-meditations during meals and snacks, you can further develop your confidence in making the best choices of when to eat, what to eat, and how much to eat.
- 'Outer wisdom' involves using your knowledge of nutrition and food energy (or calories) to choose the best types and amounts of food to eat both at a particular time, and on average per day. This also applies to choosing snacks that can tide you over until your next meal, but without overeating or feeling guilty about doing so.

NEW PRACTICES

1. Preparing for a Pot Luck: Eating Mindfully during Social Occasions:

It can be challenging to make mindful eating choices during a social occasion, particularly if a wide variety of food is available, such as at a buffet. For next week, **bring two dishes** so we can share a full meal mindfully together. One dish should be **something fairly healthy** that you would like to make a regular part of your mindful eating routine. The other dish should be a **favorite food that is more indulgent** or “forbidden” but that you would like to be able to eat mindfully in reasonable quantities. If you find you are feeling anxious about this meal, that's understandable – just be aware of these feelings and observe them, rather than feeling overwhelmed by them.

2. Eating a Healthy Amount of Food throughout the Day

Knowing what a good amount of food to eat throughout the day is also important.

- a. Bring awareness to your meal pattern. Are you skipping meals, or ignoring hunger in between your meals and ending up with lower energy, too hungry and/or overeating? Is your meal pattern giving you the benefits of energy, alert, focus and well-being throughout the day?
- b. Review the **MyPlate/portion size handouts** at least several times during the week as one way to know that you are eating recommended amounts of food. Also, try to think how your choices fit into the healthy eating MyPlate guidelines to help you become more familiar with MyPlate and how these guidelines might be helpful to you. If they are not helpful in general or not helpful for some meals, consider why not, and what might be a more helpful set of guidelines for you to use as needed balanced with inner wisdom.

3. How do other people decide what to eat?

Consider interviewing 3-4 people who you think have a **healthy eating pattern** and healthy weights, or who are comfortable with their bodies, in balance for them and eating for health and well-being.. You might ask these individuals about how they choose what to eat and how much to eat. Note that this may seem hard, but you may find it quite interesting once you get started! For example, you might ask about how they decide to stop eating a favorite food, if they ever overeat, how many snacks a day they have, what do they do if they have a craving, etc. You may also find it interesting to **observe people around you making food choices**; who leaves food on their plate? Who mentions that they aren't hungry – or are full? What do people choose to put in their grocery carts?

ONGOING PRACTICES

1. Mindfulness Meditation

- a. **Practice breathe awareness four times during the week, at least twice** without using any audiofile, but we do recommend using a timer. Use Track 3 if you wish for the other times.
- b. Practice meditating using the **guided Eating Meditation** on either Track 4 (10 minutes) or Track 5 (20 minute version) of the first set of audio files at least once.
- c. You can also start using the guided practices on the second set of audio files; these include many of the different meditations used in the group, such as the Body Scan/Healing Self-Touch and Forgiveness meditations.

2. Mindful Eating

- a. Use mini-meditations before and during meals and snacks to help you be more aware of thoughts

and feeling about wanting to eat, physical hunger, making choices and levels of fullness as you eat.

b. Practice eating **two meals mindfully every day**, paying special attention to feelings of fullness, and stopping eating when you have reached a desired level of fullness (i.e., 7 out of 10). For some meals you may choose to be less full (for example, if you are planning to exercise, will be eating again sooner, need to be more alert, or want to be in energy deficit), and for others, you may want to be more full (as part of a relaxing evening or if you know it will be a long time before eating again).

3. Outer Wisdom

a. Continue to work with your Quality over Quantity goals.

b. Continue to use your pedometer every day, and fill out the Step Logs as you wish. Keep in mind doing so can be very helpful in seeing how much more you may be walking!

4. Daily Practice Tracking Sheet

Please complete the Daily Practice Tracking Sheet for both sitting meditation practice and mini-meditations and bring it with you to the next session, and use the comments sections as you wish.

TO REMEMBER:

1. Bring **two dishes** with you for the buffet next week.
2. Use your journaling questions as you wish.

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:

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."						

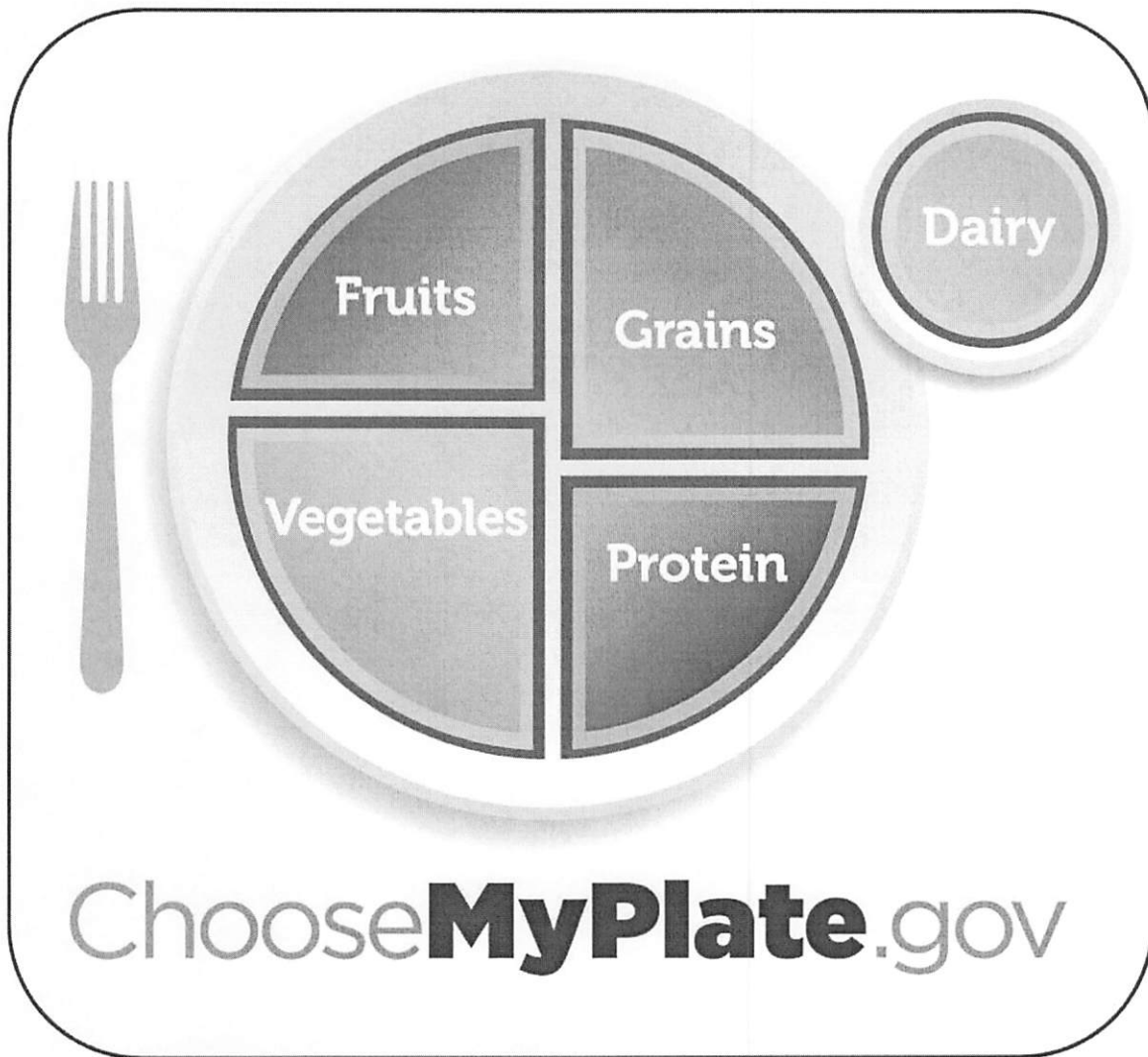
1 = never in the last week
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	Item	1	2	3	4	5	N A
19.	I overate after feeling "I just don't care."						
20.	I refused a tempting food, saying to myself, "I can always have it some other time."						
21.	I ate something tempting thinking "Just this once 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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For more information, go to www.choosemyplate.gov

