

SESSION SEVEN: HOME PRACTICE

Mindful Eating, Mindful Choice

**“It is wonderful, if we choose the right diet,
what an extraordinarily small quantity would suffice.”**

~ Gandhi

THEMES

You’ve now learned the fundamental skills for mindful eating: awareness of physical hunger, fullness, taste satisfaction, and making mindful choices. All of these will help you get in touch with your ‘inner gourmet’, and eating for quality rather than quantity. You used each of these to mindfully eat the potluck meal.

- Now, we’re inviting you to use these new skills in a similar – and even more challenging situation – going to an all-you-can-eat buffet. Or if that is not available, create a meal at home with many choices and dishes.
- We’d also like you to pick three new goals on the KEEP IN BALANCE, And continue to make any shifts you’d like with the Quality over Quantity Challenge.using the worksheet as is helpful.

NEW PRACTICES

1. Eating at a Buffet

Plan to go to a buffet either this week or next and enjoy it mindfully! Observe how you react to the temptations – how does your “Craving” meter go up and down? Does it go as high later in the meal, as early in the meal? . Consider your goals ahead of time – such as really enjoying the variety and types of food, having choices, etc. – those things that are special to buffets. Remind yourself to “cultivate your inner gourmet”! Remember the **three guidelines**: 1) plan to go back for ‘seconds’; 2) leave food on your plate; and 3) eat for ‘quality, not quantity’!

2. Quality Over Quantity Challenge

Continue with any Quality over Quantity Challenge goals. Consider trying new vegetable dishes, a plant-based protein for a meal, and/or new whole grains. If you are finding it helpful to bring awareness to label reading especially when choosing new foods, continue this. .

ONGOING PRACTICES

1. Mindfulness Meditation

Practice meditating **at least 3 times during the week with Track 3 or Track 4 of audiofile Set 1** . You may use other tracks on Set 2, which contain focused meditations, if you wish. Try to **practice meditating at least 1-2 times without using an audiofile**, and if you wish, **for 30 minutes**, also using a timer or you can do this by combining Track 2 and 3, or continuing for 10 mins longer after Track 3. Starting next week everyone will be asked to try 1-2 days of 30 minute sitting practice.

2. Mindful Eating

- a. **Use mini-meditations during your meals and snacks**, to help you be aware of your thoughts and feelings about wanting to eat, physical hunger, and fullness. Also begin to **look for other times when using mini-meditations may help you to be more aware of thoughts and feelings**.
- b. Go from eating two meals mindfully, to now eating **three** meals mindfully every day. Pay special attention to how you make food choices, choosing quality and satisfaction over quantity. Remember that “quality” can involve both food value (i.e., the recommendations on the MyPlate or other Healthy Plate handouts) and preference/satisfaction. Learning to appreciate the taste of certain foods can take time, so be patient with yourself and with this process.

3. KEEP IN BALANCE

Refer to the **KEEP IN BALANCE** to keep in mind your plan for **changing three specific eating patterns during the week**. What do you feel like trying to do this week? Remember to keep your goals reasonable – moving just one or two steps at a time.

4. Daily Practice Record

Complete Daily Practice Record Sheet and bring it with you to the next session.

5. Outer Wisdom

If you haven't been weighing yourself, consider exploring what this is like for you and if it is helpful at all occasionally or not, as a guide to staying in a balance or in a range that you can be comfortable with. There is no right or wrong answer. Weigh yourself on the day of or the day before the next session. 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:

Bring your pedometer and Step Log with you next week!

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	NA
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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