

SESSION EIGHT: HOME PRACTICE

Mindful Movement and Attending to Emotions

“Walk as if you are kissing the Earth with your feet.”

~Thich Nhat Hanh

THEMES

You are now becoming a mindful eater – learning how to cultivate your “inner gourmet” by choosing quality over quantity!

- This can help you better notice those links in the chain reactions that have built up over many years between emotions, other triggers, and overeating!
- It's now time to be more creative about taking care of your body in other ways – becoming more comfortable with walking and moving more. Also learning to be less judgmental of what you are less happy about in your body, and letting yourself experience and appreciate what your body can do for you.

NEW PRACTICES

1. Mindful Walking/Mindful Body

- a. Experiment with creatively using **mindful walking for 5 minutes** at least three times this week, both at a slow pace and at a more usual place. Consider mindfully walking through your own house or apartment; at the grocery store or mall; from your car to where you work, etc.
- b. Try the chair yoga stretches several times during the week, in different chairs and places.

2. Increasing Physical Activity

- a. Search out **different physical activities** you might like to do and write down the information. This might include joining the Y or an exercise class; signing up for a community hike; finding a time and place to bicycle.
- b. Find **three opportunities**, including walking, to move more! Come to the next session prepared to share those with group members. They might include household chores, gardening – or walking more often around your work place! You can use your journal to write these down, or just use a notebook or piece of paper. But try to be specific and detailed, to encourage yourself and also help others with new ideas. Also try to increase your pedometer steps by another 10% -- but perhaps in some new ways.

3. Exploring Chain Reactions

We all build up habits and automatic reactions that involve eating and food, perhaps to social situations or other triggers, but often to emotions. Keep an eye out for any 'chain reaction' patterns this week and use the Chain Reaction form, if you wish, to note them down.

4. Exploring Cravings Explore cravings that might arise this week, from challenging emotions or stress. Practice meeting them with curiosity, and kindness. Practice 'surging the urge' and enveloping the craving with a sense of lovingkindness.

ONGOING PRACTICES

1. Mindful Meditation

Practice meditating at least six times during the week. Try to do this on your own, with a timer, at least twice. Practice for 30 minutes at least 2-3 times, using either a timer or combining Track 2 and Track 3. For the other times, you may use any of the tracks that you prefer from either of the two audio file sets.

2. Mindful Eating

- Continue to use mini-meditations before meals and snacks, as well as other times when it may be helpful to be aware of your thoughts and feelings.
- Try to eat **every meal and snack** mindfully.
- Continue to pay attention to the food choices you have made for. Keep experimenting with finding satisfying and nutritious foods. Explore and practice a meal pattern that keeps you in balance and satisfied throughout the day.

3. Daily Practice Record/Journaling

Complete the Daily Practice Record Sheet daily and bring it with you to the next session. Continue journaling as you find it helpful.

TO REMEMBER:

- BUFFET (!):** If you have not yet gone to a buffet, do so this week to practice all your mindful eating skills. Observe how you react to the temptations – and to the anxiety. Think about 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 of the phrase “gourmet rather than glutton!”
- Bring a small amount, just enough for yourself, of one of your favorite stress or comfort foods to the next session (but ice cream is not a good choice!).**
- Bring your Chain Analysis handout with you to the next session.**

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	NA
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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ROUSING ENERGY AND GENTLE YOGA¹

1. Settling In

1. First rest attention on the breath, easy and effortlessly, and then expand your attention to how you make contact with the seat of the chair. Slowly and gently adjust your torso to find the very center of your seated position. Gently rock forward and back, and side to side to find a balanced, erect, comfortable posture.
2. Sense the length of your spine: from your tailbone....all the way up through to where it connects with the base of the skull. Holding a sense of lengthening your spine, creating space between each vertebra.
3. Relaxing and breathing as you settle into this spacious, seated position.
4. Noticing your breath as it moves into and out of your body. Notice where in your body you feel the breath, and where you don't feel it. Breathing in and out, tuning into the pattern of the breath, without trying to make it different in any way. Just breathing as if your entire body is breathing.

2. Rousing Energy

- a. Rub down the outside of the left arm with the right hand, starting at the shoulder, coming around the hand and rubbing up the inside of the arm. Repeat several times. Repeat sequence for the opposite arm.
- b. Rub down the outside of the left leg with the right hand, starting at the hip, moving around the ankle and up the inside of the leg. Repeat several times. Repeat sequence for the opposite leg.
- c. Rub the lower back, over the kidneys in an up and down motion.
- d. Rub in a circle around the abdomen, including the lower ribs.
- e. Gently tap the head, neck and shoulders with fingertips of both hands.

3. Lengthening the Neck

- a. Inhaling deeply, and on your next exhalation, letting your left ear release down towards your left shoulder. Just allowing your head to hang heavily toward your left shoulder. Not pushing or pulling, but just noticing where you're feeling the stretch. Noticing all of the sensations that you are experiencing in this moment..... and then on the next inhalation, gently bringing your head back up to center. Staying here for a moment, and noticing the effect of the movement.
- b. And now, the right side. Just inhale deeply and slowly, and as you exhale, allowing your right ear to fall toward the right shoulder. Relaxing and settling into the stretch...just letting gravity do the work... Staying here for a few breaths, and noticing the stretch as it unfolds. When you're ready, inhaling and bringing your head back to center.
- c. Repeat this movement again, first to the left and then to the right. Be aware of any increased ease in movement in relation to the first set of stretching. This reflects the loosening of the muscles and tendons involved. Staying for a few moments, being present with any changes in sensation in the neck or shoulders or anywhere else.

¹Gentle Yoga created by Sasha Loring, M.Ed., I.S.C.W., with adaptations by Jean Kristeller. Illustrations by L. Bell & H. Seyfer.

4. Shoulders Stretch

- a. Now, bringing your attention to the shoulders..... inhaling slowly, allow the breath to raise the shoulders. As you exhale, just releasing the shoulders and feeling them settle. Slowly and easily inhaling the shoulders up, and exhaling the shoulders down. Move at the rate of your own breathing. Let this movement be as slight or as large as the breath allows it to be.
- b. At the end of your next inhalation, begin to round the shoulders back and as you exhale, slowly lowering the shoulders and feeling them settle. Continue moving in this way, rounding the shoulders up and back on inhale, and lowering and settling the shoulders on exhale. Seeing if you can bring all of the attention into this moment of sensation and movement in the body right now.
- c. Then gently releasing the movement when you're ready. Noticing, as the body stills, the sensations in the neck, and shoulders, and arms, and upper back.....any sensations in the body, and the present state of your mind.

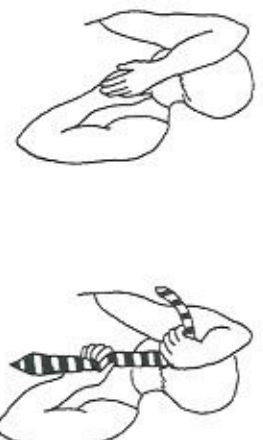
5. Seated Spinal Twist

- a. Sit upright toward the front edge of the chair. If you wish, cross your legs so that the right knee is on top, foot hanging toward the floor. Place your right hand behind you and left hand on the right knee. Gently twist to the right. Turn your head toward the right and look behind you. Breathe, and hold the posture for 5 breaths.
- b. Repeat on the opposite side
- c. Repeat each side, noticing the overall increase in flexibility.



6. Seated Arm Stretch (Warrior Pose) [See diagram below]

- a. Use a tie or soft belt to assist with this pose if you wish.
- b. Stretch your right arm above your head. Stretch it toward the ceiling, holding and extending, then gently releasing. Now repeat with your left arm. Now repeat with both arms.
- c. Again, stretching your right arm above your head, bend at the elbow so your palm passes the back of your head and rests on your back. Bring your left arm behind your lower back and reach up, trying to bring the two hands together. Inhale and stretch, gently reaching the hands closer together for 5 breaths. Repeat sequence for the opposite side. Repeat sequence for both sides, if you wish.



7. Leg and Ankle Stretch

- a. Sitting tall in your chair, with your spine long, and your body centered over your pelvis. Feet grounded on the floor.
 - b. Extend the right leg forward until it's straight. Keeping your spine tall in your seated position. Flexing the right foot with the toes pointing toward the ceiling. Then stretching through the right leg from the hip all the way out the heel. Noticing sensations and any limitations, without judgment.
 - c. Slowly circling the foot in one direction, and then the other, being aware of the sensations that arise during the movement. Continuing until you feel ready to release from the pose. Slowly lower the leg and take some moments to rest.
 - d. Before beginning with the left leg, notice and appreciate any differences in sensation between the right leg and the left leg.
 - e. Now, repeating with the left leg. Sitting tall in your seat, keeping your spine long, shoulders relaxed, jaw relaxed.
 - f. Lowering the leg when you're ready.
 - g. Repeat again gently, first with the right leg and then with the left, again being aware, as you can, of gentle increase in flexibility from the first time. Then noticing the effect of this stretch in your legs, on your entire body and your mind.
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Rating of Perceived Exertion Scale

Numerical Rating	Perceived Level of Exertion	Activity	Muscle Fatigue, Breath Rate, Heart Rate	Talk Test
0	Nothing At All	Lying down	No Increase	
0.5	Very, Very Slight	Sitting		Easy to carry on a conversation
1	Very Slight	Standing		
2	Slight	Driving		
3	Moderate	Walking at Slow, Comfortable Pace	Slight Increase	
4		Walking at Normal Pace	Mild Increase	Still able to carry on a conversation
5	Somewhat Hard	Walking Briskly		
6		Pushing lawn mower	Noticeable Increase	
7	Hard	Slow Jogging	Moderate Increase	Conversation is harder
8	Very hard	Faster Jogging	Large Increase	Conversation is difficult
9	Almost maximal	Running		
10	Maximal	Running As Fast As Possible	Maximal Heart Rate	Can't talk

