

**SESSION NINE: HOME PRACTICE**  
**Stress, Distress, Eating and Values:**  
**Working More with Thoughts and Emotions**

**“We are what we eat ... and so much more!”**

~ Jean Kristeller

**THEMES**

During the next two weeks, continue using all the mindful eating skills that you’ve learned and apply them creatively, in as wide a range of eating situations as possible.

- Also keep track of those situations that still trigger a feeling of being out of control or eating more than you really want to. Tune into those feelings (such as worry, frustration – or even boredom) that lead to wanting to eat. Also tune into those thoughts that either lead to those feelings – or that lead to more eating (‘I’ve already blown it’, etc.). Most important, give yourself credit for what you’ve learned and been able to change so far !
- Then expand that perspective into your wider life; how can you find balance between the value you place eating in a healthy and satisfying way, and on all the other aspects of your life that call for your attention?

**NEW PRACTICES**

**1. Stress and Eating.** Choose one of the following home practices to do each week.

**Option 1: Stressful Events: Thoughts and Emotions and Impulses:** Each day, use mindful awareness to identify one *stressful event* as it happens. Notice your reaction by way of a thought, an emotion, any sensation or reaction in the body. Then look to see if that reaction creates any impulse to do anything specific, such as move around, look away, raise your voice, or eat. Consider how to use mindfulness to interrupt that reaction, and move it to a ‘wiser’ response.

**Option 2: Exploring Eating Triggers and Emotional Eating:** Each day, use mindfulness to identify one situation that seems to act as an *eating trigger* for you. Carefully identify the thought, emotion, and physical reaction that occurred around that event. Explore how those reactions—a thought, an emotion, and physical sensations—act as ‘triggers’ that lead to an impulse to overeat. Again, consider how to use mindfulness to interrupt that reaction, and move it to a ‘wiser’ response.

**2. Exploring Values**

a. Continue to reflect on the balance of how you use your energy related to eating, food and weight,

both in regard to actual time and effort (i.e., shopping, cooking, eating) and thought energy (i.e., thinking about your eating, weight, obsessing, etc.).

- b. Then consider whether this reflects how you would most like to place this allocation of energy in relation to your actual values and in balance with other parts of your life.
- c. Does a different number or percentage come to mind?
- d. Use the **Values Circle handout** – or your own paper -- to redraw the diagram you did in the group, if you wish.

### **3. Using the KEEP IN BALANCE to Continue to Move Forward**

Use the blank KEEP IN BALANCE during the next 2 weeks and bring to Session 10. **Choose 3-4 goals for eating and 1-2 for exercise**, but stay aware of the other items.

## **ONGOING PRACTICES**

### **1. Mindful Meditation**

- a. Practice meditating at least six times during the week. **Have at least three of these times extend your practice to 30 minutes.** For the other practices, you may use any of the Tracks that you prefer from either Set or practice without them. .
- b. Practice mindful walking for 5 minutes at least three times this week.

### **2. Mindful Eating**

- a. Continue to use mini-meditations before meals and snacks, as well as other times when it may be helpful to be aware of thoughts and feelings.
- b. Eat every meal and snack mindfully.

### **3. Outer Wisdom**

- a. Continue to seek out and consider new opportunities for physical activity
- b. Consider if practicing some calorie awareness or label reading was helpful for you to come into better balance with some food choices. There is no right or wrong answer. For example, did you reduce or substitute energy rich foods (such as that rich blended coffee drink,) Which has been more helpful outer wisdom or inner wisdom or a combination of the two for making your choices?
- c. You may continue to use the pedometer (and the Step Log) if you wish.

### **4. Daily Practice Tracking**

Complete the Daily Practice Tracking Sheet daily.

## **TO REMEMBER:**

- 1. Reflect on the journaling questions as you wish.**
- 2. Bring in a healthy food for the next session that can be eaten as a snack and shared with others** If you wish, bring a label or **figure out the food/nutrition value** (calories, fat,

saturated fat, sugar, protein, etc) and share ingredients of what you bring so you can share this information with everyone.

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  
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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## Values Balance Exercise

Consider the circle below as representing your total amount of energy, time, thought, and experience during your waking hours on a typical day. Each portion of the circle below represents about 10% of this energy.

Think about what percentage of your day you spend related to concerns and/or activities related to your eating, weight, and body. Just see what number comes to mind! Then draw a second dark line that reflects that amount (e.g., 50% would be half the circle; 70% would be 7 segments; 40% would be 4 segments). You can also use half segments if you want to add 5% more.

Now list for yourself the other areas of your life that you give energy and attention to during a typical day, such as work, family, friends, hobbies, etc. LIST: \_\_\_\_\_

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Consider that the energy you give to these must also fit in the circle. During the week observe how you actually are using your time. Remember that meal time, shopping, cooking, getting dressed, exercise, all are parts of sustaining our health and our bodies, and do need special time.

Use the rest of the page (or another page) to redraw the circle one or more times, over the week, to reflect an overall balance. The numbers you first chose may be close to accurate, or you may find that the balance is really different, when you take note of your time. You can then consider what proportions might best reflect your actual values to create a healthy and happy balance among the different priorities in your life.





