

SESSION FIVE: HOME PRACTICE

Fullness Awareness, Mindful Choices, and Forgiveness

“What is required is nothing special, simply that we start paying attention and wake up to things as they are. All else will follow.”

~ Jon Kabat-Zinn, “Arriving at Your Own Door”, No. 108.

THEMES

- Being aware of fullness is a very powerful tool for knowing when to stop eating before you become uncomfortable! Sensations of fullness from the stomach build slowly, varying with the bulkiness of the food. You can also tune into ‘body satiety’, which refers to experiences related to the rise in blood sugar and other biochemical changes as food is absorbed.
- This week also introduced a new aspect of mindful eating – mindful food choice -- becoming more aware of how we are drawn to different foods. These choices might also depend on other triggers for eating, such as feelings, especially anger at yourself or others.
- Tuning into triggers, such as emotions, thoughts, or situations, will help you recognize chain reactions that end up in a binge or eating more than you wanted. Being aware of these patterns is the first step to interrupting those common chain reactions.
- You have also been practicing mindfulness meditation for several weeks, so this week, we’d like you to try to do your 20 minute practice without the audio, at least once – and just notice the differences. It may be harder – or it may even be easier!
- Finally, you can start to use your pedometer as a helpful ‘feedback’ tool, to gradually and gently increase your activity by simply walking more!

NEW PRACTICES

1. Mindful Eating

- a. Eat two meals mindfully every day, **paying special attention to feelings of fullness**; consider stopping eating when you have reached a desired level of fullness (for example, 5 or 6). For some meals you may choose to be less full (e.g., to a 3-4, if you are planning to exercise, need to be more alert, or want to eat fewer calories). For some meals you may choose to be more full (e.g., to an 8, as part of a relaxing evening or if you know you are going a long time before eating again).
- b. Also, try to tune into your **“body satiety”**; try to be mindful of when you first become aware of these feelings during a meal, and then when they ‘peak’, usually with 20-30 minutes after a meal, but perhaps much longer after a larger meal.

2. Walking

Use the pedometer for the entire week and **try to increase your daily steps by about 10%** and track them on the Step Log. For example, if your steps were about 2500, you might try to walk an additional 250 steps (just remove the last digit from the total number to get 10%). Get creative! Use a sheet of paper or your journal to note down feelings or thoughts that arise related to this. Note feelings of energy, energy level, well-being, without judgement and with curiosity before and after exercising. Also review the handouts you received last week in your binder about the value of exercise, exercising safely, the need for good shoes as you increase your walking.

3. Triggers and Chaining

Think about how the 'chaining' examples and how they apply to your triggers. **How do your emotions and thoughts relate to your eating? Consider how you would expand your mindful options for alternatives, using ideas from the Eating Triggers Coping Sheet.**

4. Pot Luck

Begin thinking about what you will bring to the pot luck in two weeks – one healthier dish, and one of your 'favorites' that's richer and more of a challenge to eat mindfully.

ONGOING PRACTICES

1. Mindfulness Meditation

Practice meditating six times during the week with using Set 1, Track 3, 4 or 5. Remember, Tracks 4 and 5 have guided mindful eating meditations. Try to practice without the audio, at least once, for 10-20 minutes. Plan to use a timer to help with this; check your cell phone, microwave for one, or purchase an inexpensive portable one. Consider placing it in a nearby room so it isn't too startling!

2. Mindful Eating Use **mini-meditations before and during eating**. This may help you to be more aware of your intentions to eat and your **levels of fullness**. You may be able to tell if you are eating or continuing to eat because you are physically hungry or for other reasons.

3. Outer Wisdom

Continue to work with the **Quality over Quantity Challenge**, using the Worksheet. Note which changes you would be willing to make permanently and which seem like they would be more temporary for you. Write down a number from 1 to 7, with 1 being most likely a temporary change and 7 representing something you strongly think you could do permanently. This may still change. **It is helpful to not be too hard on yourself!** Trying out changes in order to 'experiment' is fine. Notice what might make a change more permanent for you or more temporary; you can make notes about this at the bottom of the page.

4. Complete the Daily Practice Tracking Sheet

Please complete the Daily Practice Tracking Sheet and bring it to the next session. Notice that you can fill in the type of practice that you did each day, either the Track you used or on your own!

5. Continue to recheck your KEEP IN BALANCE for goals for the week, but to do so with as much self-acceptance as possible.

TO REMEMBER:

1. **Use your journaling pages as you find helpful.**

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).						
-----	--	--	--	--	--	--	--

Dates _____

Quality Over Quantity Worksheet

Mindfully explore possible foods to add to your diet, others to decrease based on your body's feedback, how you feel, energy level, well-being etc.. **Be creative – try out different possibilities!** Notice if there are foods at each meal/snack that you would like to decrease or take out, or add in. Consider if there is one or more quality food you wish to add to each meal/day. Are there foods you really enjoy or new foods you'd like to try? Use the Easier/Harder column to estimate the difficulty. **Think about which changes you could keep doing! Try doing only a few at a time for sustainable change.**

Example of a participant:

Day	Meal/ Snack	Food	Food That Could Be Reduced/Or Added	? Easier/ Harder ? 1 -- 7
Monday	Breakfast	White Toast & lots of Butter Orange Juice	½ the butter or use olive oil Whole grain toast Add egg or nut or seed butter	3 5 4
	Morning Snack	2 Doughnuts Coffee w/ sugar	Instead of 1 doughnut, add a banana or yogurt	4
	Lunch	Sandwich Coffee w/ 1 T.sugar	More veggie fixings Try without or with less sugar	7 6
	Afternoon Snack	Soda	Apple or a few whole grain crackers spread with a little almond butter, bubbly mineral water with lime	2
	Dinner	Steak, French Fries, sautéed veggies, ice cream	Salmon, share the FF or try a sweet potato, more green veggies, fruit instead of ice cream or smaller serving of ice cream	2 4,3 6!
	Evening Snack	Bag of Chips, 2 beers	Small or Med bowl of chips or fruit instead 1 less beer OR Seltzer water with lemon	2 4
	B			
	MS			
	Lunch			

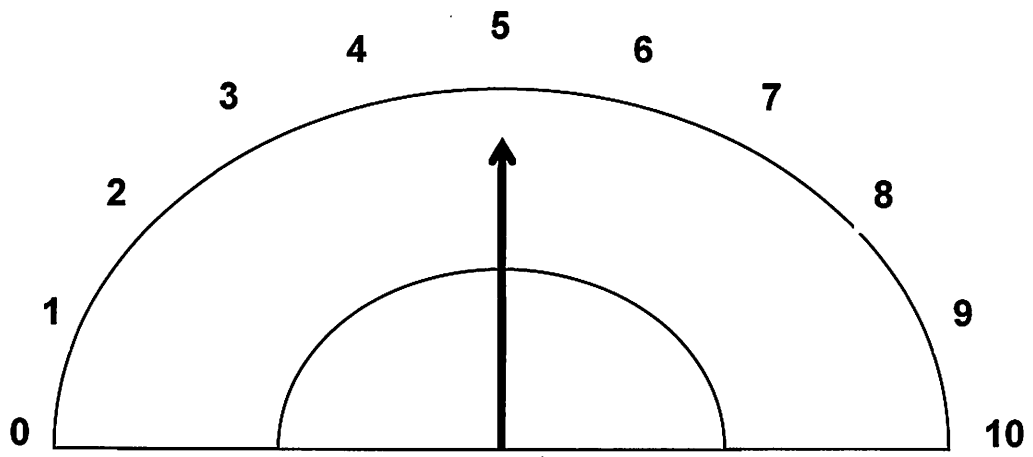
Dates _____

	AS			
	Dinner	6 pieces of pizza	2-3 pieces of pizza Add salad with lots of veggies	
	ES			
Day	Meal/ Snack	Food	Food Reduced/Added	? Easier/ Harder ? 1 - 7
	B			
	MS			
	Lunch			
	AS			
	Dinner			
	ES			
	B			
	MS			
	Lunch			
	AS			
	Dinner			

Dates _____

	ES			

Notes:



Taste Satisfaction Meter

Eating Triggers Coping Worksheet

Mindful Practice

- Mini-meditations
- Slowly savor small amount
- Check-in on hunger/craving

Social Support

- Call a friend about stress situation
- Call a friend just to talk
- Talk to family member

Self-Care

- Take a nap
- Take a shower
- Do your nails

Distraction

- Play a computer game
- Read a magazine
- Listen to music

Find Other Tasks

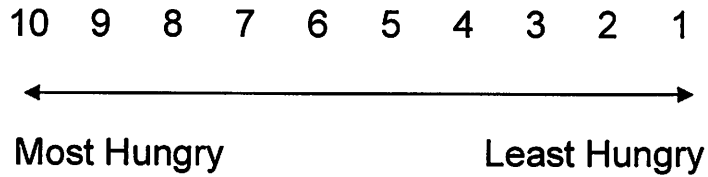
- Go shopping
- Do a satisfying household task
- Organize photographs

Think More Positively

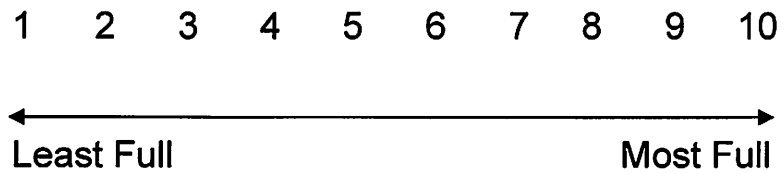
- Think of ways to handle situation
- Reassure yourself
- Congratulate yourself !!

Notes:

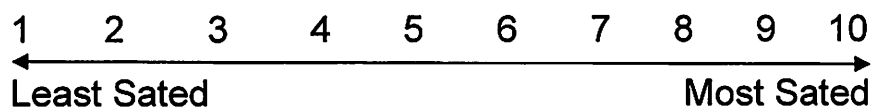
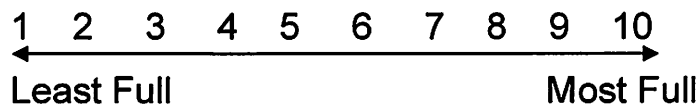
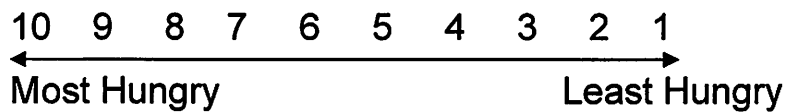
Physical Hunger Scale



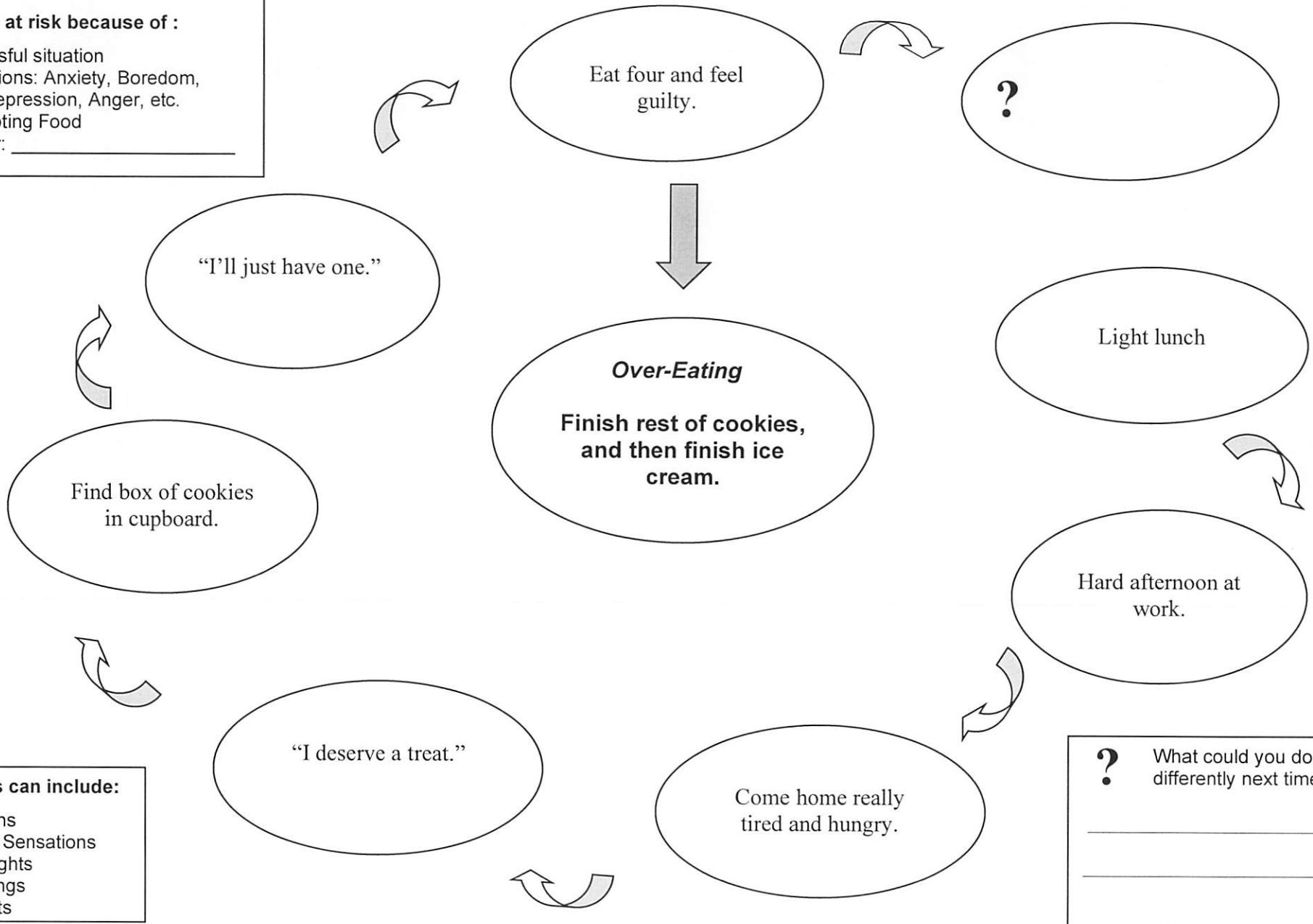
Physical Fullness Scale



Physical Hunger, Fullness, and Body Satiety



Warning Sign List
 I was at risk because of :
 Stressful situation
 Emotions: Anxiety, Boredom,
 Depression, Anger, etc.
 Tempting Food
 Other: _____



Links can include:
 Actions
 Body Sensations
 Thoughts
 Feelings
 Events

? What could you do differently next time?

Warning Sign List
I was at risk because of :
 Stressful situation
 Emotions: Anxiety, Boredom,
 Depression, Anger, etc.
 Tempting Food
 Other: _____

Get home and still
 upset.

?

Keep on eating.

Over-Eating
 Raid refrigerator –
 finish left-over pizza
 and more.

Go to party.

Feel left out and
 upset.

Lots of good food.

Friend ignores you.

Plan to just have a
 small amount.

? What could you do
 differently next time?

Links can include:
 Actions
 Body Sensations
 Thoughts
 Feelings
 Events

