

## SESSION THREE: HOME PRACTICE

### Hunger Awareness, Emotional Eating, and Body Awareness

“When hungry I eat; when tired I sleep.

Fools laugh at me.

The wise understand.”

~Zen Master Rinzai

#### THEMES

- One of the powerful ways to use mindfulness is to become more aware of your experiences of hunger. How is physical hunger different from other types of hunger?
- Are there emotions that feel like physical hunger? Or that just make you think about eating? How do you know this? Are there other reasons you might want to eat? How do these experiences feel in the body?
- Mindful eating can also help find ways to reduce certain foods and to let go of foods you may not even be enjoying. It can also help you explore new foods and add new healthful foods to your diet ~~, and create better balance!

#### NEW PRACTICES

##### 1. Get to Know Your Physical Hunger

Try to eat mostly when you are physically hungry, noticing the differences between feelings of physical hunger, and other reasons or triggers for eating -- just because food is available, the clock says it's time to eat, or perhaps because you're bored or procrastinating! Is it easier to notice physical hunger during the day or during the evening? When you are alone or with others? **Notice what makes it easier or harder** to pay attention to physical hunger.

##### 3. Other Reasons You Want to Eat and Ways to Cope

Sometimes we eat in response to a feeling or emotion instead of eating when physically hungry. Use the **Emotional Eating/Other Triggers worksheet** to identify situations when your eating is emotion-related eating or when your eating is triggered by other situations, other than physical hunger (for example, social gatherings, boredom). Try out **other options** (besides eating) to take care of these feelings or situations. Use the worksheet to note down what you've tried, and how easy or difficult it seemed. Be creative!

##### 3. Tune into Your Body in Other Ways

This week bring more attention to your body in general. Connect with your body as you did in class, and see if there are experiences that are surprising to you, or that you hadn't noticed before. Try to be kind to your body and appreciate what it does for you.

## ONGOING PRACTICES

### 1. Mindfulness Meditation

Practice meditating using **Track 3 of the Set 1 audio files for 20 minutes**. While it is important to fit in some practice every day, even for a few minutes, you will get more benefit from 20 minutes. At least once during the week, use Track 4 of your Set 1 audiofiles; this is a 10-minute guided mindful eating meditation. You can do this instead of Track 3, or just before a meal. Track 5 is a 20-minute version.

### 2. Mindful Eating

- a. Use mini-meditations whenever possible before meals and during meals to check on hunger levels. Use mini-meditations with snacks as well.
- b. Practice eating 1-2 meals mindfully every day as “an experiment”. Pay special attention to your **level of hunger before and during the meals**; notice if your hunger is physical in nature vs. craving caused by other reasons, such as emotions or thoughts you are having.

### 3. Outer Wisdom

- a. **Optional:** A helpful part of exploring outer wisdom can be to learn **how much food energy (calories)** you are eating of specific foods, especially in regards to some of the highly processed or snack type foods. To help you do this, you can check how many calories different foods have. To begin to learn this, using the serving size worksheet, you can check the serving sizes and calories of **5-10 foods** that you now often eat. You can use the Calorie King book, the label on the food package, or try going online. If you have health conditions to consider, or even if not, you can explore reading food labels, the amount of saturated fat, sugar and sodium in common foods, particularly snack foods that you eat. You may choose to only explore this aspect of food labels, the macronutrients of a food, rather than calories,.
- b. Choose between 5-10 foods you might consider **PER** day that **you might consider eating less of**. Or foods that you might consider eating more of, or substituting such as more healthier whole foods, and/or plant-based whole food choices. Use the **Quality over Quantity Worksheet** to jot these foods down. It is **NOT** necessary this week to actually make these changes with these foods.

#### **4. Journaling**

There is a new journal sheet that to use to reflect more fully about your experiences. The questions for this week are: “For me, some of the challenges with eating mindfully are...”; “Noticing when I’m physically hungry is helpful because...”; “The body scan meditation exercise was...”; “What types of personal experiences trigger emotional eating for me?”; “My experiences with meditation practice so far are...”.

#### **6. Complete Daily Practice Tracking Sheet**

Again, record your meditation practice and related experience, both sitting meditation and use of ‘mini-meditations’, using the Comment space as you wish.

#### **TO REMEMBER:**

**Remember to work on and bring your Emotional Eating/Other Triggers Worksheet with you for 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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**Worksheet for Dealing with Emotional Eating and Other Triggers**

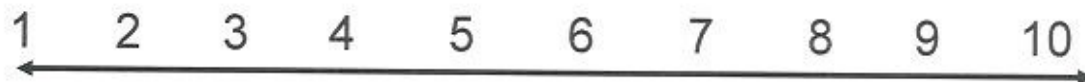
Initials \_\_\_\_\_

	Emotional Eating/ Other Triggers Situations	Something I Can Do Instead of Eating	Easier/ Harder? 1 - 7
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Notes:

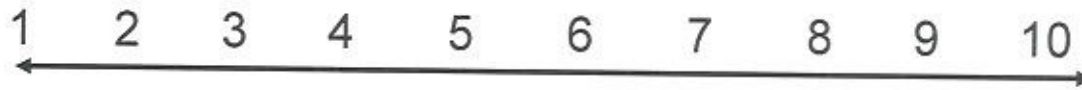


# Hunger Scale



1	2	3	4	5	6	7	8	9	10
		Satisfying feeling		gnawing			headache		
		Smell/taste present					growling		
		No sensation, need for food					craving sweets		
		Feeling of space, and something lacking					annoying persistent uncomfortable		
		Don't feel satisfied					low energy, difficulty focusing		
							sense of room, growling, still focus		
							Irritable		
							Anxious		

# Hunger Scale



Nagging, tightness

Absence  
Neutral  
Comfortable  
Sense of fullness

pains

food thoughts

Thoughts of food: no response in body

anxiety, irritability

Headache, difficulty concentrating

connected

aware of body boundaries  
neutral, lack of sensation  
comfortable

achiness

food thoughts  
subtle emptiness

Emptiness

Uncomfortable  
Lighter  
Quicker/fast eating  
Grumbling, aches  
Light-headed  
Food Urgency/Thoughts  
Stomach ache  
Craving

High sugar/energy foods

Irritable

Anxious

Agitation

Mindless eating

# Hunger Scale



Not full/not empty

Good mood

Lack of external focus/sated

Neutral

discomfort, little pangs

Activity, gurgling, sound

Achiness, shakey, headache, not clear thinking, food thoughts, thinking about what I want to eat  
Tightness in belly, throat,

---

Anxiety, agitation, irritable



## Emotional Eating and Other Triggers

### Emotions

Boredom

Sadness

Procrastination

Anger

Shame

Joy

Satisfaction

For comfort

Reward

### Physical Reasons

Fatigue

Stress

Soothing Stomach (to relieve pain)

Thirsty

Eating to Feel (full, )

### Social

Social connection

Entertainment

Pleasing

Mindless Eating

For comfort at a party

### Environmental

Habits

Outside Triggers, Availability of Food

Smelling, Seeing Food

Celebration

Religious/Cultural

## **Psychological/Thoughts**

Thoughts as a trigger

To eat for “nice skin”, energy, health and well-being

“I deserve this”

“I don’t want to waste this food”

“I must finish everything on my plate”

Distraction

Procrastination

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Check One: Before program \_\_\_\_\_ After program: \_\_\_\_\_

### Self-Description of Binges

We would like you to describe what types and amounts of food have made up a typical binge pattern for you in the last month. A binge is defined as an **excessive amount of food eaten in a discrete period of time (within 2 hours), usually accompanied by feeling out of control**. People generally have binges that vary in size. Therefore, we would like you to describe the type and amounts of food that you would consider, for *yourself*, a "Large" binge, a "Medium" binge, and a "Small" binge. If you feel that all your binges are about the same size, or if a particular level does not apply to you, please note that. For example, you may have had larger binges in the past, but now only have what you consider "medium" binges.

\_\_\_\_\_ I have not had any binges in the last month.

Large Binge:

Medium Binge:

Small Binge:

Please estimate about how many 'binges' of each size you have had in the last month:

Large: \_\_\_\_\_; Medium: \_\_\_\_\_; Small: \_\_\_\_\_.

