

Summary of Session One of Eating for Your Health

Making Changes

Over these sessions you will learn the tools and skills to make changes and manage them long term, in order to work towards your goals. We will focus on changes in regards to your version of health and wellbeing, not in regards to body shape, weight or going on diets (diets do not work!). The “Reasons I Want to Make Changes” document can help you discover what motivates you to make changes.

Importance and confidence you have to make changes

The document “Making Changes” asked you to rank how important you feel making changes is, and how confident you are in making changes. We will do this again in session four to see how confident you feel after completing this course.

Eating Awareness

We are born with body cues that tell us when we are hungry and when we are full. But we can lose these over time because of many aspects (such as perhaps a parent teaching you to finish your whole plate before you leave the table, or because you have purchased a meal at a restaurant and feel you should finish it otherwise it would be a waste of money ... etc.). Eating awareness is about getting back in touch with these body cues of hunger and fullness.

Non-Hungry Eating

This is when we eat even when we are not hungry. Becoming aware of when and why you might non-hungry eat is the first step, accepting that this is what humans do (no judgement) is the second step, and then finally the idea is you can come up with an action plan to address it. It is not necessarily to reduce your intake, but rather to increase your awareness and ultimately your satisfaction with the way you eat.

Homework

1. Make an advantages card – write down the motivating reason(s) that are really important to you (from the “Reasons I Want to Make Changes” document) on a small piece of paper/card or even on the back of an old business card. Read the card once or twice every day and also in challenging times, to remind yourself why you are making changes and what is important to you.
2. Using the “Making Changes” document, write down any barriers you can think of that may stop you or make it hard for you to make changes. Then try to think of solutions to the barriers you face and write these down too.
3. To help you get in touch with your body cues and build your eating awareness, have a look at the document called “Is it Hunger” and:
 - a. Identify when you may non-hungry eat.
 - b. Use the Hunger/Fullness scale to rank yourself before, during and/or after eating sometimes.
 - c. Utilise the Eating Awareness Diary.

We want you to use non-judgemental curiosity - try not to create any rules of when or how much you can eat, just simply notice things a bit more.

Next time

We will be talking about why diets don't work, thoughts, when things don't go to plan, mindful eating, and buzz foods. If you are attending in person, you will be provided with two squares of chocolate and one raisin for a mindful eating activity. If you are attending via video conference, please bring the same with you, or something else you fancy mindfully eating.