

Te Whatu Ora
Health New Zealand

Eating for Your Health

Session 3
August 2022

Outline

- Session 2 recap / Homework review
- Body shape and size diversity
- Looking after all areas of our health
- Mental / psychological health
- Movement for the joy of it
- Homework
- Questions and feedback

Review

- Mindful Eating
- Behaviour Chain



Accept & Embrace Different Body Shapes & Sizes



Health Goals

- a. Enjoy a wide variety of tasty, healthful kai most of the time, with the amount depending on how hungry you are at the time.
- b. Be physically active whenever possible, including activities you enjoy that involve movement e.g. gardening, dancing, walking in the park.
- c. Foster a nurturing attitude towards yourself which includes kind self-talk, positive encouragement, forgiveness, acceptance and self-care.
- d. Work on achieving work-life balance with enough time to look after yourself and loved ones as well as to do (or discover) things you really enjoy.
- e. Find a GP you are comfortable with and have medical check-ups and health screenings regularly to catch any signs of disease early enough for you to have the best possible outcome.

Te Whare Tapa Whā



Te Whare Tapa Whā

Taha Tinana, Physical Health

- Blood test
- Muscle mass/strength
- Not getting sick
- Physical growth and development
- Movement

Our physical 'being' supports our essence and shelters us from the external environment.

Te Whare Tapa Whā

Taha Hinengaro , Mental & Emotional Health

- Sleeping well
- Seeking help – friends, GP, counsellor
- Taking medications
- Movement to feel good
- Bubble bath, relaxation

Thoughts, feelings and emotions are integral components of the body and soul.

Te Whare Tapa Whā

Taha Wairua, Spirituality (not just religion but our sense of belonging and connection to something bigger than ourselves)

- Prayer
- Meditation/yoga
- Connecting with nature
- Mindfulness

Our spirit is who and what we are, where we have come from and where we are going.

Te Whare Tapa Whā

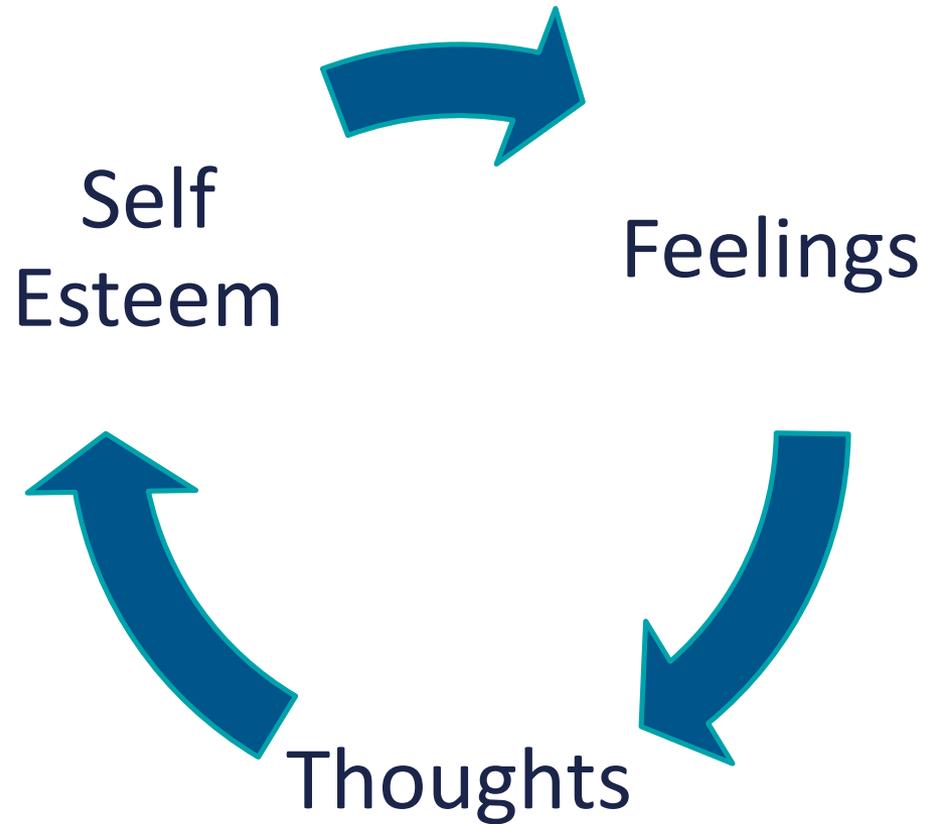
Taha Whānau , Family / Social Relationships

- Maintaining friendships, connecting with others
- Support both ways
- Nurturing
- The capacity to belong, to care and to share where individuals are part of a wider social system.

Family/Whānau can provide us with the strength to be who we are, they are the link to our ancestors, our ties with the past, present and future.



Thoughts



Action Belief Consequence Theory

<u>A</u> Activating event / trigger / Action	<u>B</u> Beliefs / Thoughts	<u>C</u> Consequences (Emotional and Behavioural)
Eats cake at party	I've got no will power, I've ruined everything	Goes home feeling miserable, goes to bed, eats tub of ice cream, feels guilty.
<p>How would this have been different if her thought after having the cake was "that was such a delicious cake, I'm glad I tried it".</p>		
See reflection in shop window while shopping	I look terrible	Feels low, goes home instead of going shopping, eats a packet of biscuits, feels overfull and full of shame.
<p>How would this have been different if her thought after seeing herself in the mirror was, my legs are my best feature, I'm going to look for clothes that accentuate them.</p>		

Self-Compassion



Treat yourself like you
would treat a good
friend who was
struggling



Challenging Unhelpful Thinking

We have many thoughts every day. Some of these are helpful or neutral, but a lot can be unhelpful. Unhelpful thoughts can turn into behaviours that support an unhealthy / unhappy lifestyle.

Look at the unhelpful thoughts below in the left hand speech bubbles. Come up with different thoughts you could use to challenge the unhelpful ones, and write them in the right hand speech bubbles.

The following questions can help you identify unhelpful thoughts:

- Is the thought really accurate?
- What evidence do you have for the thought?
- How would you feel if a friend said this to you?

When identifying your alternative thoughts consider:

- What would you say to a friend who was thinking this way?
- Is there another more helpful way to view the situation?

Unhelpful Thought

It's not fair; I never get to eat the yummy food.

Helpful Thought

That's not true; I can eat yummy food whenever I want to.

Unhelpful thought

It's no good; I'll never achieve my goals.

I'm never going to be able to do physical activity, I

Helpful thought

Giving Yourself Positive Encouragement



Giving Yourself Positive Encouragement

Often people focus on what is not going well, but it is important to learn how to identify the things that **are** going well. When you identify the changes you are making, and the good things you are doing, it will help build awareness and confidence.

Giving yourself positive encouragement can help remind you that you are in control, and help you deal with situations when things do not go to plan. You can give yourself positive encouragement for any activities or actions (no matter how big or small) such as:

- not feeling guilty after eating a meal or snack
- mindfully eating one bite of your meal
- taking the stairs instead of the lift.

Positive encouragement can be as simple as saying encouraging words to yourself, such as “nice work” or “well done me”. The key is to **acknowledge** what you have done well.

What will I give myself positive encouragement for doing?

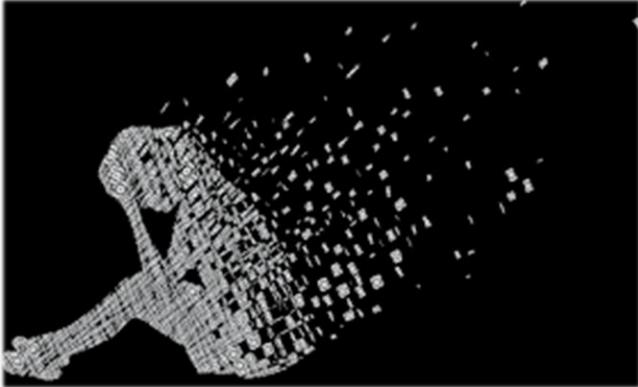
Write below three things from the past week:

- _____
- _____
- _____

Helpful tips for giving yourself positive encouragement

- Write the words “positive encouragement” on a sticky note – put it somewhere you will see it often.
- Once or twice a day review your activities – make a positive encouragement list for the last few hours.
- Every time you check off an item on a to-do list, say something positive to yourself.
- Remember to always treat yourself kindly, as you would a good friend who is struggling.

Mental / Psychological Health



WHO predicts by 2030, depression will be the single biggest cause of ill health in the world (WHO, 2011)

The Five Ways to Wellbeing

Ētahi ara e rima ki te ngākau ora

1. Connect, me whakawhanaunga
2. Give, tukua
3. Take notice, me aro tonu
4. Keep learning, me ako tonu
5. Be active, me kori tonu

1. Connect, me whakawhanaunga

- Become involved in local groups (craft, sports, choir, hobby, book club).
- Have a street BBQ with neighbours or friends/family and bring kai from different cultures.
- Smile at a stranger – you may be surprised by the smile you get back!
- Connect with the whenua; grab some mates and go on a bush walk, go surfing or mountain bike riding.
- Find out what's going on in your local area, such as music or cultural performances, then organise a group outing.
- Have a family technology-free day and bring out the old board games you have.

2. Give, tukua

- Give a smile away!
- While driving, stop to let a car into the traffic.
- Offer to mow the grass verge of your neighbour.
- Give a compliment – acknowledge what someone in your life has done well.
- If you have fruit trees pop your excess fruit out on the street with a "help yourself" sign.
- Donate old toys, books, sports equipment, clothes etc. to a local charity.
- Help with school working bees and fundraisers.

3. Take notice, me aro tonu

- Stop for a while, take 10 mindful breaths in and out, calming the body and mind, then simply rest where you are, noticing everything that is going on around you.
- Learn yoga or meditation, or have a mirimiri (massage) to sooth and relax your body.
- Mindful eating – which you are all fantastic at now!
- Climb your maunga (mountain) or swim in your awa (river) / moana (ocean).
- Take notice of the night sky, the moon, the stars.
- At the end of the day ask friends, family or colleagues what the best thing was about their day.
- Practise gratitude; every day write down three things that went well for you today.
 - Apps: “The Resilience Project” and “Moodfit”

www.mindful.org

4. Keep learning, me ako tonu

- Learn something about the area where you live by checking out the local notice boards for interesting talks and events.
- Write your bucket list – then try something you have always wanted to do.
- Find and try out a new recipe for a meal, cake or dessert.
- Visit your local library to see what new books, mags and talks they have.
- Discover the name of the iwi, hapu, maunga and awa of the place you live.
- Memorise a new word every week. Practice using it among friends and family.
- Learn another language. E korero ki a koe Maori? Parlez-vous francais?

5. Be active, me kori tonu

- Take a family walk after dinner, or a longer one on the weekend. Let family members take turns choosing where to go.
- Hold a family dance-off with different members picking the music.
- Organise or participate in walking tours of local places of interest in your community or suburb.
- Participate in a fun run/walk to raise money for charity.
- Start or join a walking bus for school children.
- Join a sports club to be active and meet people at the same time - tennis, bowls, touch rugby, netball, there is so much to choose from!

Movement



Why?

Feel good
hormones

Mental Health

Strength

Stamina

Feeling exhilarated

Have fun

Energy

Fit-feeling legs

Fitness

Flexibility

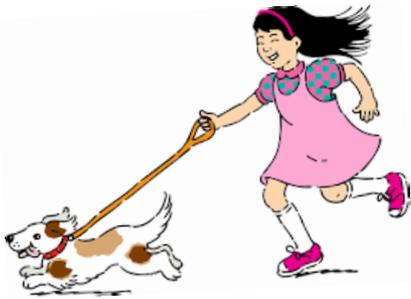
Good sleep

Quality time with loved ones

MOH Guidelines

1. Sit less, move more! Break up long periods of sitting.
2. Do at least 2 $\frac{1}{2}$ hours of moderate or 1 $\frac{1}{4}$ hours of vigorous physical activity spread throughout the week.
3. For extra health benefits, aim for 5 hours of moderate or 2 $\frac{1}{2}$ hours of vigorous physical activity spread throughout the week.
4. Do muscle strengthening activities on at least 2 days each week.
5. Doing some physical activity is better than doing none.

What counts?



Homework & Session 4

- Look at the beautiful diversity of human bodies
- Incorporate the Five Ways to Wellbeing
- Challenge unhelpful thoughts
- Movement / physical activity you might like to try

Next time...

- Healthy eating
- Every day and sometimes Foods
- Food groups
- Planning and preparation
- Goal setting

Pātai



www.waitematadhb.govt.nz

Search "Eating for Your Health"

Acknowledgements: The Non-Diet Approach Guidebook for Dietitians © 2013 by Fiona Willer, The Mental Health Foundation of NZ www.mentalhealth.org.nz, & The Resilience Project™ www.theresilienceproject.com.au