

# Medically Supervised Weight Loss Program (MSWLP)

## SELF-MONITORING AND MINDFULNESS

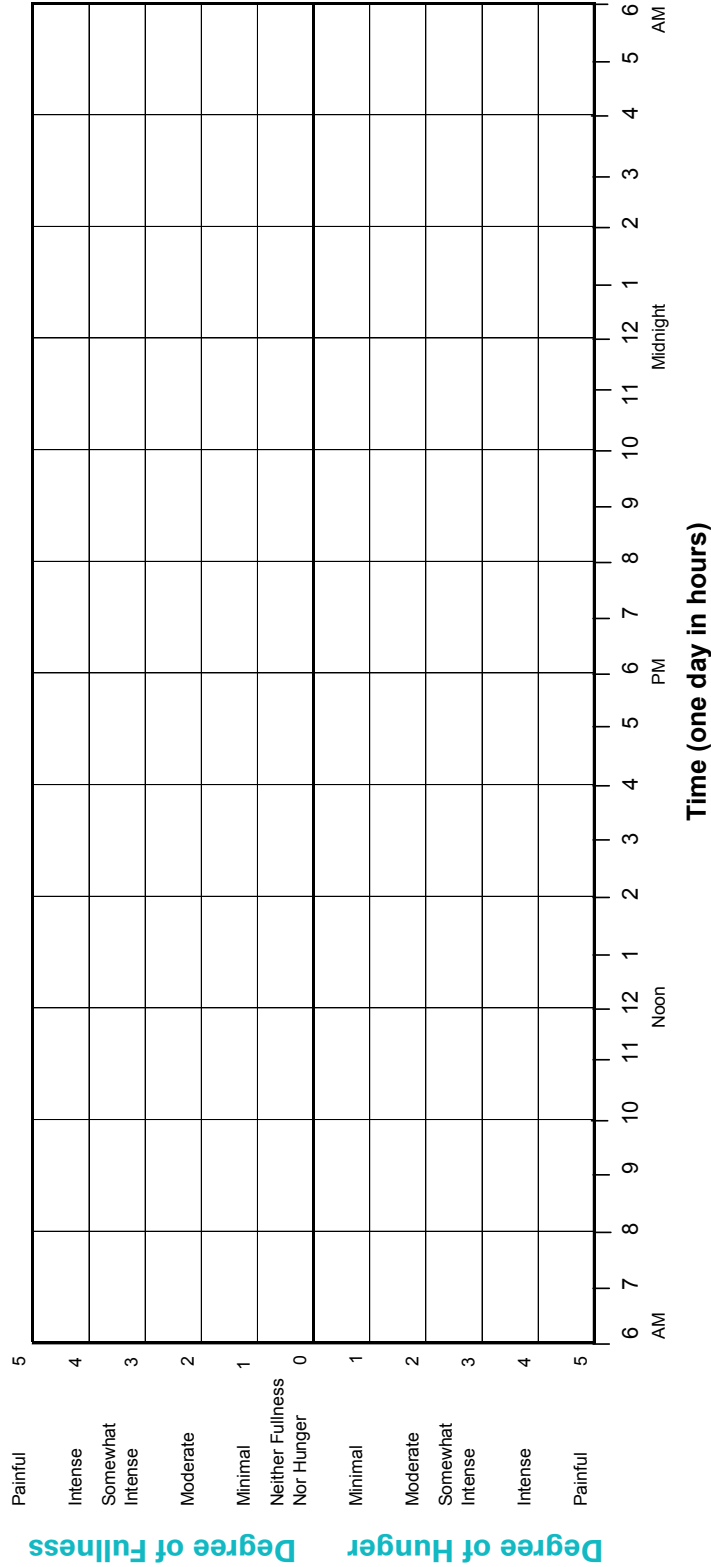
This section includes:

- Importance of self-monitoring
  - Hunger and fullness patterns
  - Food journals
- Mindfulness for weight loss
  - Intuitive Eating principles
  - Tips to avoid overeating

### ASSIGNMENTS | Answer the questions below:

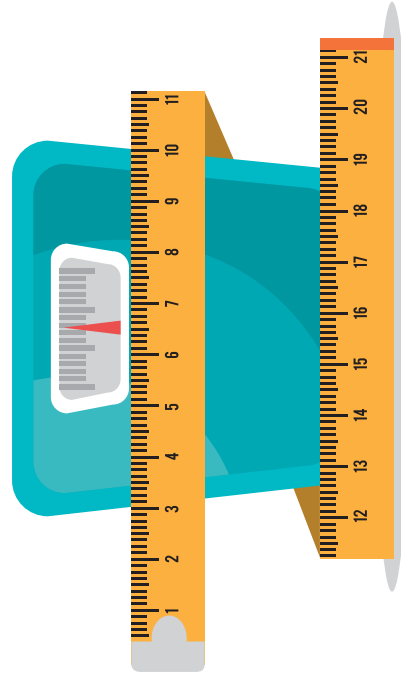
1. What is the difference between hunger and appetite?
2. What are your own body's signals you are hungry?
3. What are your own body's signals you are satisfied?
4. What is one thing you can do to work towards being mindful?

# Hunger/Fullness Pattern



Begin plotting your degree of hunger/fullness at the time you wake up in the morning, and continue to do so every 1-2 hours, until just before going to sleep at night. At the end of the day, connect all the dots.

This chart is to be used as a tool to help you become more aware of your body's hunger and fullness signals and your personal eating patterns. It can help you identify times of the day binges tend to occur and the hunger/fullness patterns surrounding the binge.





# Food and Emotion Journal

## Goals

I have chosen these meal times for my day:

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

I have \_\_\_\_\_ minutes to finish my meals

I have chosen these snack times for my day:

Morning: \_\_\_\_\_

Afternoon: \_\_\_\_\_

Dinner: \_\_\_\_\_

I have \_\_\_\_\_ minutes to finish my snacks

I have chosen to eat with any of these individuals:

\_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_



# Mindful Eating for Weight Loss

## WHAT IS MINDFUL EATING?

- Being aware of the positive and nurturing opportunities through food
- Choosing food that is both pleasing and nourishing by using all of your senses to explore, savor, and taste
- Learning to be aware of physical hunger and fullness signals to help guide decisions to start and stop eating

## WHY MINDFUL EATING?

- Freedom from dieting and overeating
- A positive relationship with yourself & food
- Renewed sense of wellness & wholeness
- Empowers you to make healthier choices versus dieting, which may lead to feelings of depression and deprivation
- Helps you become more aware of your body's true signals and emotions
- Those that practice intuitive eating weigh less

## BREAK THE CYCLE!

If we open the refrigerator whenever we're upset, lonely, stressed, exhausted or bored, we get stuck in an unhealthy cycle where the real feeling is never addressed. Emotional hunger cannot be filled with food.



## PHYSICAL VS. EMOTIONAL HUNGER

### Emotional hunger:

- Comes on suddenly
- Craves specific comfort foods
- Leads to mindless eating
- Isn't satisfied once you're full
- Isn't located in the stomach
- Leads to regret, guilt, or shame

### Physical Hunger:

- Builds gradually
- Strikes below the neck (growling stomach)
- Occurs several hours after a meal
- Isn't accompanied by a sense of compulsion
- Goes away when full
- Leads to feeling satisfied after eating

# Mindful Eating for Weight Loss

## HUNGER/SATIETY SCALE

Am I aware of the emotions or situations that trigger me to want to eat when I'm not hungry?

RANKING	FEELING
1	Starving, "Hangry", Ravenous
2	Uncomfortably hungry
3	Very hungry "ready to eat now"
4	A little hungry
5	Not full, but not too hungry
6	Satisfied "I could eat more..."
7	Comfortable but slightly too full
8	Very full "I ate more than I needed"
9	Too full (heavy and uncomfortable)
10	Thanksgiving full

## When?

When/how often do I want to eat?

Am I actually hungry?

How can I change my focus away from food until I'm hungry?

## What?

What do I choose to eat?

What could I eat that would help me feel better and be healthier?

## How?

How do I eat?

Do I eat when I'm distracted?

Do I eat like I truly love my food?

Do I eat fast, barely tasting my food?

## How Much?

How do I feel when I'm done eating?

Do I like the way I feel?

What do I do when I know I ate too much?

## Where?

Where do I invest the energy I consume?

Am I physically active?

What do I enjoy doing with my free time?



# Put it into Practice

## Tip #1

### Eliminate Distractions

Distractions lead to mindless eating

## Tip #2

### Eat Slower

20/20 rule: 20 chews per bite, 20-30 minutes per meal

## Tip #3

### Savor Each Bite

## Tip #4

### Take an Intermission

Put your fork down in between bites,  
Tell a story, take a sip of water

## Tip #5

### Observe how food makes you feel



Stop when you're not hungry,  
before you're full

Taking longer to eat will allow  
your body enough time to  
signal that it is satisfied

Focus on nourishing your body-  
putting less focus on food but  
recognizing hunger signals

# The Principles of Mindful Eating

## Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.
- Mindfulness promotes balance, choice, wisdom and acceptance of what is.

## Mindful Eating is:

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

## Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his/her eating experiences are unique.
- Is an individual who by choice, directs his/her awareness to all aspects of food and eating on a moment-by-moment basis.
- Is an individual who looks at the immediate choices and direct experiences associated with food and eating; not to the distant health outcome of that choice.
- Is aware of and reflects on the effects caused by unmindful eating.
- Experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and feelings of health.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of his/her food choices has on those systems.

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# 10 Strategies to Cope with Overeating

- 1. Manage stress.** One of the most important aspects of controlling binge eating is to find alternate ways to handle stress and other overwhelming feelings without using food. These may include exercising, meditating, using sensory relaxation strategies, and practicing simple breathing exercises.
- 2. Eat 3 meals a day plus healthy snacks.** Eating breakfast jump starts your metabolism in the morning. Follow breakfast with a balanced lunch and dinner, and healthy snacks in between. Stick to scheduled mealtimes, as skipping meals often leads to binge eating later in the day.
- 3. Avoid temptation.** You're much more likely to overeat if you have junk food, desserts, and unhealthy snacks in the house. Remove the temptation by clearing your fridge and cupboards of your favorite binge foods.
- 4. Stop dieting.** The deprivation and hunger of strict dieting can trigger food cravings and the urge to overeat. Instead of dieting, focus on eating in moderation. Find nutritious foods that you enjoy and eat only until you feel content, not uncomfortably stuffed. Avoid banning certain foods as this can make you crave them even more.
- 5. Exercise.** Moving your body lifts depression, improves overall health, and reduces stress. The natural mood-boosting effects of exercise can help put a stop to emotional eating.
- 6. Fight boredom.** Instead of snacking when you're bored, distract yourself. Take a walk, call a friend, read, or take up a hobby such as painting or gardening.
- 7. Get enough sleep.** If you're tired, you may want to keep eating in order to boost your energy. Take a nap or go to bed earlier instead.
- 8. Listen to your body.** Learn to distinguish between physical and emotional hunger. If you ate recently and don't have a rumbling stomach, you're probably not really hungry. Give the craving time to pass.
- 9. Keep a food diary.** Write down how you're feeling when you eat. You may see patterns emerge that reveal the connection between your moods and binge eating.
- 10. Get support.** You're more likely to succumb to binge eating triggers if you lack a solid support network. Talking helps, even if it's not with a professional. Lean on supportive family and friends, join a support group, and if possible consult a therapist.