

A WHOLE- PERSON APPROACH TO MAKE PEACE WITH FOOD AND YOUR BODY

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**“IT IS DIFFICULT TO IMAGINE
AN ENVIRONMENT
MORE EFFECTIVE THAN OURS
FOR PRODUCING NEARLY
UNIVERSAL BODY
DISSATISFACTION,
PREOCCUPATION WITH EATING
AND WEIGHT, CLINICAL CASES
OF EATING DISORDERS...”**

**-KELLY BROWNELL, PH.D., YALE
UNIVERSITY**



WHEEL OF HEALTH



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Source: <http://www.fishbase.org>; data current as of 10/10/2010.

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FOUR STEPS TO REASSESS & REBALANCE

**REASSESS
YOUR PICTURE
OF HEALTH**



**REBALANCE
YOUR EATING**



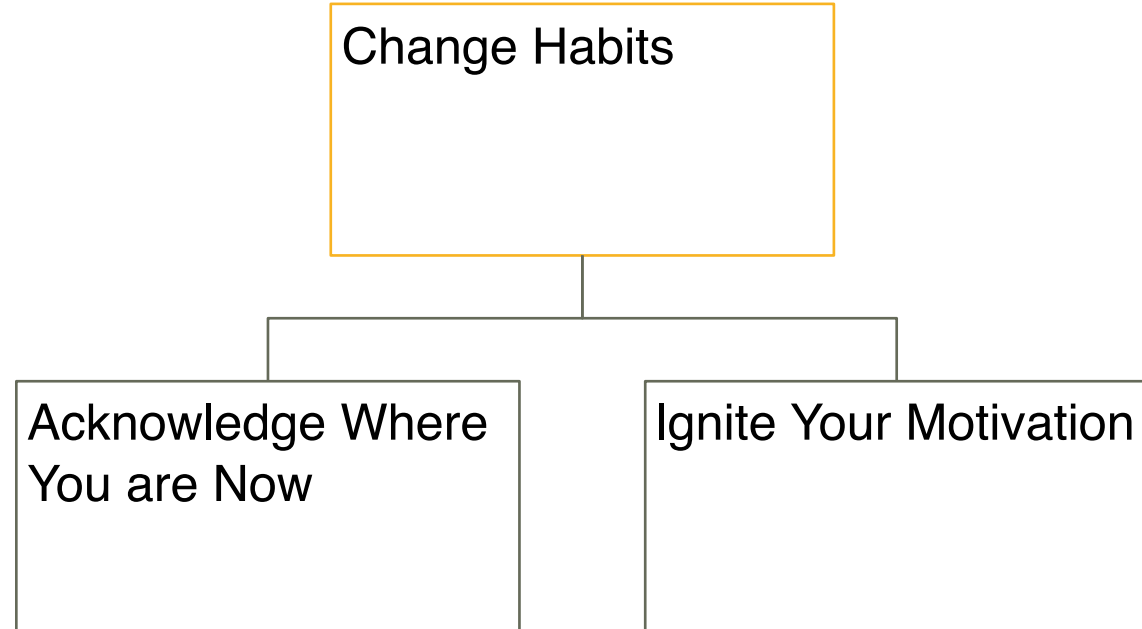
**REBALANCE
YOUR BODY**



**RASSESS -
OTHER
DIMENSIONS
OF WHOLE-
HEALTH**

STEP 1

REASSESS



HOW WILL YOU MOTIVATE YOURSELF?

HOW MOTIVATION WORKS

BJ FOGG, STANFORD UNIVERSITY

AUTHOR: TINY HABITS



PICTURE YOUR BEST HEALTH

How would you like to improve your eating?

What would eating a balanced healthy diet do for you?

On a scale of 1-10, how would you rate this area of your life?

Why did you choose this number?

How would you like to improve your activity level?

What activities would you like to be able to do?

On a scale of 1-10, how would you rate this area of your life?

Why did you choose this number?

How would you like to improve your rest & relaxation?

What this behavior change do for you?

On a scale of 1-10, how would you rate this area of your life?

Why did you choose this number?

STEP 2

REBALANCE HOW YOU EAT: NOURISH YOURSELF

- ✓ Apply Healthy Eating Guidelines
- ✓ Leverage the Benefits of Mindfulness
- ✓ Understand – What is Mindful Eating?
- ✓ Practice Evidence-based Mindful Eating

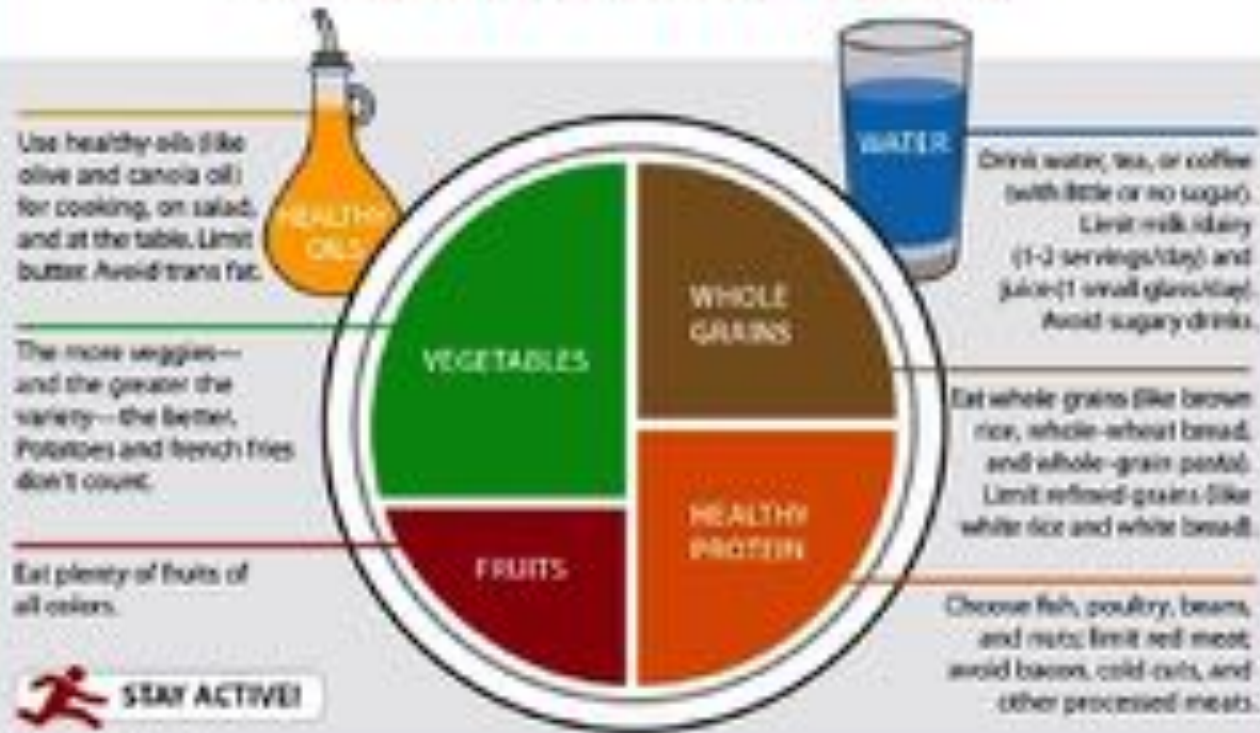


ARE YOU CONFUSED BY HEALTHY EATING MESSAGES?



*KETO? INTERMITTENT FASTING? VEGETARIAN? WHOLE 360?
LOW FAT? GLUTEN FREE? DAIRY FREE?*

HEALTHY EATING PLATE



STAY ACTIVE!

A Harvard University



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



APPLY HEALTHY GUIDELINES- HEALTHY EATING MEANS YOU INCLUDE THE FOODS YOU LOVE!

A healthy diet is a different for everyone

Consider your medical concerns

Admit your preferences

Focus on health not weight

Place an emphasis on unprocessed foods

Eat the rainbow

Plan to prevent panic

Don't try to trick your mind

Take your energy needs into account

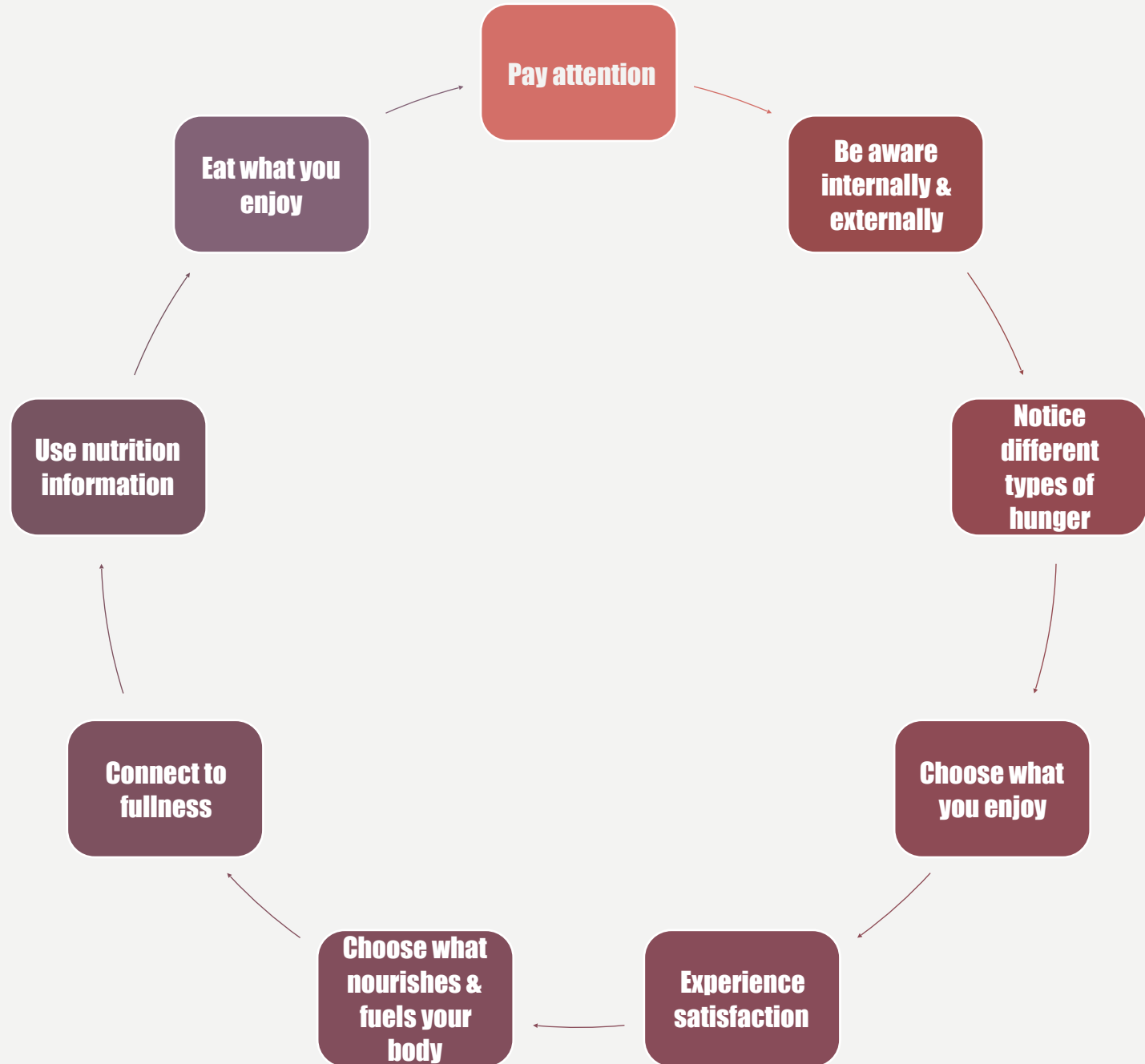
Don't be tricked into dieting

Ask for support

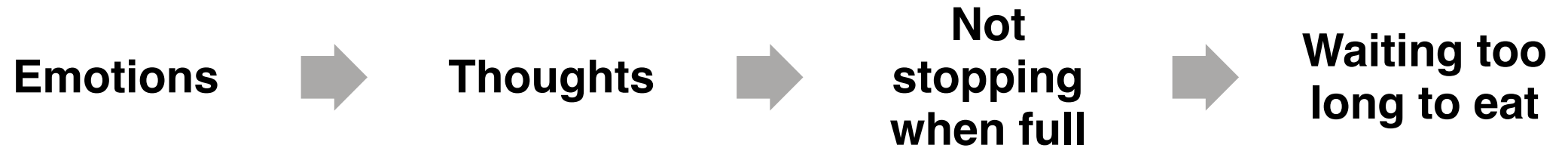
Taste what you eat



MINDFUL EATING IS...



POTENTIAL BARRIERS TO MINDFUL EATING



PRACTICES OF MINDFUL EATING

- ❑ Practice meditation for 10 – 20 minutes daily
 - Try free meditations recommended by the [New York Times: Tara Brach meditations](#), or use a meditation app such as Calm or Headspace.
- ❑ Engage in mini meditations before each meal and snack.
 - Observe your body & mind before and after a mini meditation. Notice the difference you can make in how you feel when you invest one minute of your time into paying attention on purpose without judgment.
 - Experience the potential benefit now while the Headspace app guides us through a (1-minute) mini meditation.
 - Practice guided mini guided meditations. Soon you'll be able to do this yourself.
- ❑ Make simple tasks mindful
- ❑ Ride out urges





LEVERAGE THE BENEFITS OF MINDFULNESS

BODY BRAIN MIND BEHAVIOR

Specific

Identify the area(s) of health you want to change & write a SMART goal below: Eating balanced healthy meals. General mindfulness. Eating mindfully.

Measurable

SMART goal 1- Example: Eat a healthy, balanced dinner 7 days per week. Use the Harvard Healthy Eating Plate guide.

Action-Oriented


Create a meal schedule on Sunday for the week.

Realistic

SMART goal 2- Example: Before meals and snacks, use a brief breathing meditation to remind myself to notice my level of hunger and to stay mindful while eating so I can notice when

Timed

I am full.



WHAT IF YOU DON'T MAKE ANY BEHAVIOR CHANGES TO IMPROVE YOUR WELL BEING?

**TAKE 2-3 MINUTES TO WRITE THIS OUT:
WHAT DO YOU THINK YOUR HEALTH
WOULD BE LIKE IN 5 YEARS?**



**IF YOU DO MAKE SIGNIFICANT
HEALTH BEHAVIOR CHANGES, WHAT
DO YOU THINK YOUR HEALTH WILL
BE LIKE IN 5 YEARS?**

**TAKE 2-3 MINUTES TO WRITE THIS OUT:
WHAT IS THE BEST-CASE SCENARIO?**

STEP 3

GET ENOUGH MOVEMENT, RELAXATION AND REST

EXERCISE

MOVEMENT

RELAXATION

REST

HOW MUCH AND WHAT TYPE OF EXERCISE IS HEALTHY?

AVERAGE ADULTS
MIN OF A150 MINUTES MODERATE INTENSITY AEROBIC TWICE A
WEEK MUSCLE STRENGTHENING EXERCISES





DESIGN YOUR OWN

Cardiorespiratory endurance


Muscle strength

Muscle endurance

Flexibility



BENEFITS OF EXERCISE

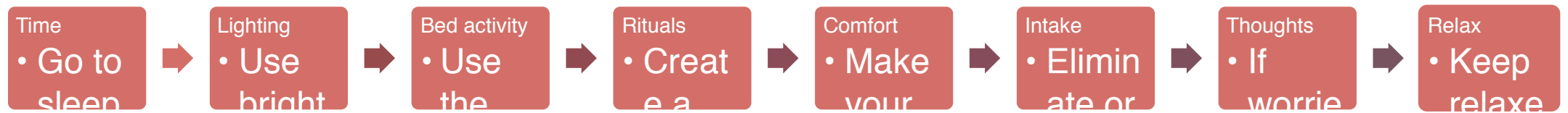
- Improves joint structure and function
 - Increases muscle strength, endurance and ability to use oxygen
 - Increases good cholesterol
 - Helps control blood pressure
 - Helps maintain bone density
 - Improves posture, agility and range of motion
 - Reduces stress and depression
 - Improves mood and energy
 - Reduces risk of coronary artery disease, improves circulation
 - Regulates weight and sleep
 - Helps metabolic function
 - Increases number and size of the blood vessels that bring blood to your heart
- 

RELAXATION & REST

- Most adults need 7-9 hours but it varies from person to person.
- Children may need as much as 13 hours of sleep.
- The quality of your sleep is important.
- Over 40 million Americans have a sleep disorder.
- Healing occurs during sleep.
- Lack of sleep can lead to weight gain.
- Memories are converted from short-term to long-term during sleep.
- Your body replaces critical hormones during sleep.
- Adequate sleep lowers your risk of the following: anxiety, diabetes, heart problems, cancer depression.
- Adequate sleep reduces pain; improves immune function; and reduces the risk of car accidents.



HEALTHY SLEEP HABITS



Specific	Identify the area(s) of health you want to change & write a SMART goal below: Activity level, relaxation and rest.
Measurable	SMART goal 1- <u>Example: Use handheld weights on Wednesdays and Saturdays for 30 minutes Today, download a beginners guide to building muscle strength.</u>
Action-Oriented	SMART goal 2- <u>Example: Start using the laptop at my desk to do work in the evenings, rather than bringing it into my bed. Set a timer on my phone for myself at 10pm to start getting ready for bed. When I am in bed by 11pm, I can get enough sleep when my alarm goes off at 7am.</u>
Realistic	
Timed	

STEP 4

TUNE IN TO YOUR WHOLE SELF



Physical Environment



Personal & Professional Development



Relationships & Communication



Spirituality & Body Gratitude



Mind-body Connection



PROGRESS OVER PERFECTION

~ Brene Brown, May 31, 2019 excerpt from blog post: 'What Being Sober Has Meant to Me'

'I haven't had a drink or cigarette in 23 years, and I've only really missed drinking three or four times – mostly when I need a way to medicate overwhelming anxiety. As much as I try to work a "live and let live" vibe, I've watched "civilized drinking" ravage the lives of so many families and friends that I've developed no interest in it at all.

Over the past two decades, food and work have emerged as my real drugs of choice. Like most addiction, they're fueled by shame and the "not enough" gremlins. They're also tricky addictions because I'm good at abstaining but not so good at moderation. Food and work don't lend themselves to abstinence.

I once heard someone say, "Abstinence-based recovery is like living with a caged, raging, tiger in your living room. If you open the door for any reason, you know it will kill you. The non-abstinence-based addictions are the same, but you have to open the door to that cage three times a day." Sounds about right. [In addition to not drinking or smoking, now Brene Brown was changing her eating...]

I sat across from my therapist, Diana, and said, "You need to give me something for my anxiety. Can't take it. There's nothing to take the edge off anymore. I'm freaking out." Diana calmly replied, "What do you want me to give you?" Infuriated by her calmness, I said, "I don't know! Medicine. Something for the anxiety! I'm like a turtle without a shell. I have NO SHELL! No booze, no muffins, nothing! I'm a turtle without a shell in a briar patch. Everything in the briar patch is poking me and jabbing me. It hurts." She said, "Maybe we should talk about getting out of the briar patch?" I was pissed. "Get out of the...briar patch? That's your advice? Instead of giving me a new shell, you want me to live somewhere less prickly? Seriously?" Diana said, "You don't need to find a different *place* to live. Maybe we could just think about a different *way* to live. One that doesn't require that heavy shell." DAMMIT. We spent the better part of a year identifying the briar patch, and I learned how to be a turtle without a shell. Today, when I'm feeling poked and jabbed by life, my first instinct is still to reach for the shell, but now I catch myself. My briar patch is not enough sleep, too much work, too many expectations, resentment, perfecting, pleasing, proving, and a few other thorny things.



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YOUR ENVIRONMENT





RELATIONSHIPS

AND COMMUNICATION

SPIRITUALITY & BODY GRATITUDE





MIND-BODY CONNECTION



PERSONAL & PROFESSIONAL DEVELOPMENT



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YOUR VISION OF CREATING PEACE

-HOW YOU EAT

-HOW YOU TREAT YOUR BODY

Dinners

- Plan Sundays & eat 7 balanced

Briefly Meditate

- Meditate for 1-2 minutes before meals

Use Weights

- Use weights for 30 minutes Wednesdays &

Sleep Hygeine

- Work at desk & set alarm to 10pm to prep

Surf Urges

- Try surfing the urge & stick to my dinner plan

Whole Foods

- Make a list before shopping on

Relationships

- Make 1 social plan each week & reach

Body Gratitude

- When I pray, be grateful for my body (not



**Be patient-
neuroplasticity
works but it can
take time.**

**Don't give up your
vision of health!
Over time, most
health behaviors
When motivation
is lower, go back to
the easier
behaviors, when
it's high engage in
harder behaviors.**

**WHAT
ABOUT
THIS VISION
OF HEALTH IS
MOST
IMPORTANT
TO YOU?**

Take 2-3 minutes and write this out now.

WHEEL OF HEALTH



Duke Integrative Medicine

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A Whole- Person Approach to Make Peace with Food and Your Body: Citations List

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