



Get Out of Your Own Way!

5-Part Workshop (Session 3)

*In partnership with
Guerrilla Gym*

Presented by:
Oscar Flores, M. Ed., LMC, NBC-HWC
www.respondmindfully.com

Five Session Flow

INTRODUCTION: CONNECT WITH YOUR INTENTIONS FOR YOUR LIFE AND HEALTH - WHY DO YOU WANT TO BE HEALTHY?
DEC 16 @ 10:30AM - 12PM

MINDFULNESS 101: SKILLS TO HELP YOU MAKE THE HEALTHIEST EXERCISE CHOICES NOW - WHAT KEEPS YOU FROM DEVELOPING STRONG HEALTH ROUTINES? WHY AREN'T YOU CONSISTANT?
DEC 23 @ 10:30AM - 12PM

DISCIPLINE THAT WORKS: SMALL STEPS ARE BIG STEPS. DO YOU REALLY BENEFIT FROM FAST-AND-QUICK HEALTH APPROACHES?
DEC 30 @ 10:30AM - 12PM

CULTIVATE INNER MENTAL & EMOTIONAL STRENGTH TO BUILD OUTER GAINS: WHY DO YOU LISTEN TO NEGATIVE THINKING? WHY DO YOU EAT WHEN YOU ARE NOT HUNGRY?
JAN 6 @ 10:30AM - 12PM

STOP COMPLAINING & START APPRECIATING: COMPLAINING SERVES A PURPOSE, BUT IT'S NOT ALWAYS HELPFUL. WHAT IS WORKING WELL IN YOUR LIFE & YOUR HEALTH JOURNEY?
JAN 13 @ 10:30AM - 12PM

Today:

- Practice
- Recap Session 1-3
- Review Meditation Skills
- Responding to Emotions and Mindful Eating Strategies
- Self-Compassion to add to Mindful Toolbox

Mountain Meditation Practice

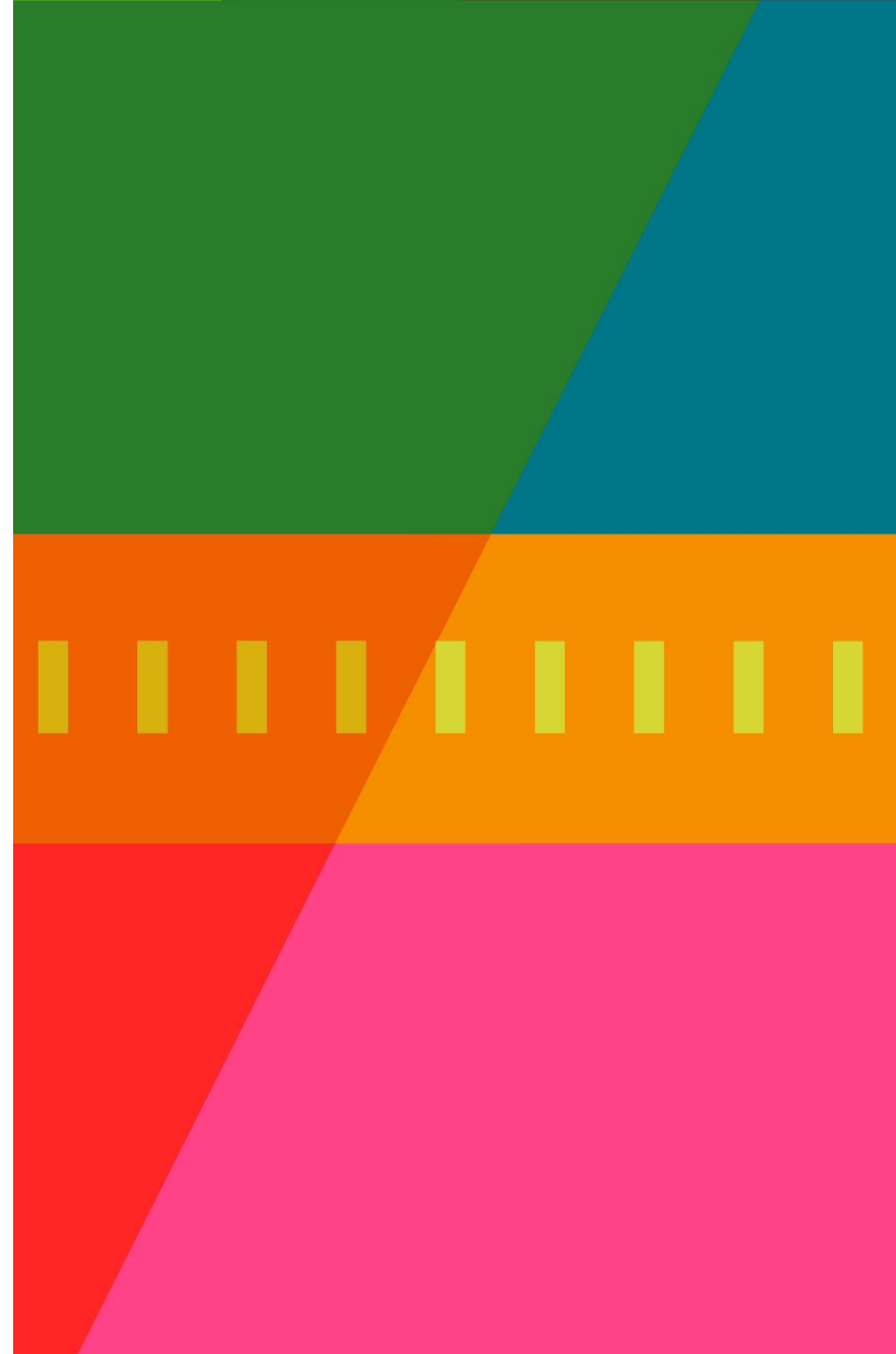
Embody the mountain (I will guide).
Responding with balance and calm to what is arising.
See if you can visualize and image being strong and steady as a
mountain amidst all that is occurring.

Any questions? What did you learn?
How was this practice for you?



Recap from Past 3 Weeks

- Our brain is “different” than our mind
- We feel - in the body - whether we like it or not; our power is in how we relate to sensations and feelings
- Being self-aware - through mindfulness practices - helps you notice your automatic reactions
- What is healthy and what is not depends on the context and on the moment
- When in reaction, it’s hard to “get out.” Physiologically, impossible.
- Our intention is to be more flexible when faced with life, health and wellness challenges. *We want to be able to see more options.*
- Others impact us; culture impacts (i.e., social media, expectations related to gender, etc.) our brain and nervous system react subconsciously
- Next slide, please



Recap from Past 3 Weeks

- It's important to ask yourself: why do I really want to be healthy?
- Tiny steps make the next step easier!
- Noticing our habits, especially those in the categories of wanting, distraction, resistance and doing can be helpful in supporting our practice of responding.
- Mindful attitudes can help you in the difficult moments: acceptance, patience, trust, beginner's mind, and gratitude.
- Anything else you are holding on to? What reflections have you had since last week? What have you noticed?



Negative Thinking has Helpful Intentions

- “Everyone has a mind that ‘talks’ to them. We think of this as our verbal mind or our ‘advisor.’ It’s the part of you that is linked to your languaging brain, whose function is to serve as your threat detector.”
- “Having a threat detector or “critical voice” is a good thing. It points out things that could be dangerous to us, including things that might happen in the future and missteps from the past.”
- “The function of the critical voice is to help us to avoid making the same mistakes so that we are physically and existentially safe.”
- “People run into trouble when they get stuck listening to their mind solely, rather than being out in the world and noticing that sometimes the mind isn’t correct about what it thinks,” Coyne states.
- “The critical voice can cause people to focus solely on avoiding unwanted thoughts and to avoid situations that trigger those thoughts. This is defined as “experiential avoidance.”

Activity: In a pair, discuss what is one negative thoughts that arises when you consider the health & wellness goals and intentions that are important to you. Feel free to use the one that you discussed last week. Yes, lets keep it the same! *One person talks, the other person listens.*

Quotes from **Lisa W. Coyne, PhD** and <https://www.mcleanhospital.org/essential/negative-thinking>

A Mindful Framework to be with Negative Thinking and Difficult Emotions

- NAME IT (What is factually going on?)
- FEEL IT (By accepting what is arising without wanting it to be different or go away)
- SELF-COMPASSION (We'll talk about that in the upcoming slides)
- REDIRECT (Respond with Wisdom and Vision)
 - Why do you want to be healthy?
 - What is your intention?
 - What energy do you want to bring to this moment to help you move toward your goal?
 - What is the tiny step forward you want to make in this moment?
 - What is comes from a place of non-judgement, generosity and patience?



Lets transition into the topic of mindful eating.
However, before we do that, lets reflect on this
question:

What does mindless eating mean to you?

Notice what comes up? What feelings, sensations, thoughts, and/or emotions come up? *Hold these with self-compassion and care.*



What is the difference between external and inter awareness?

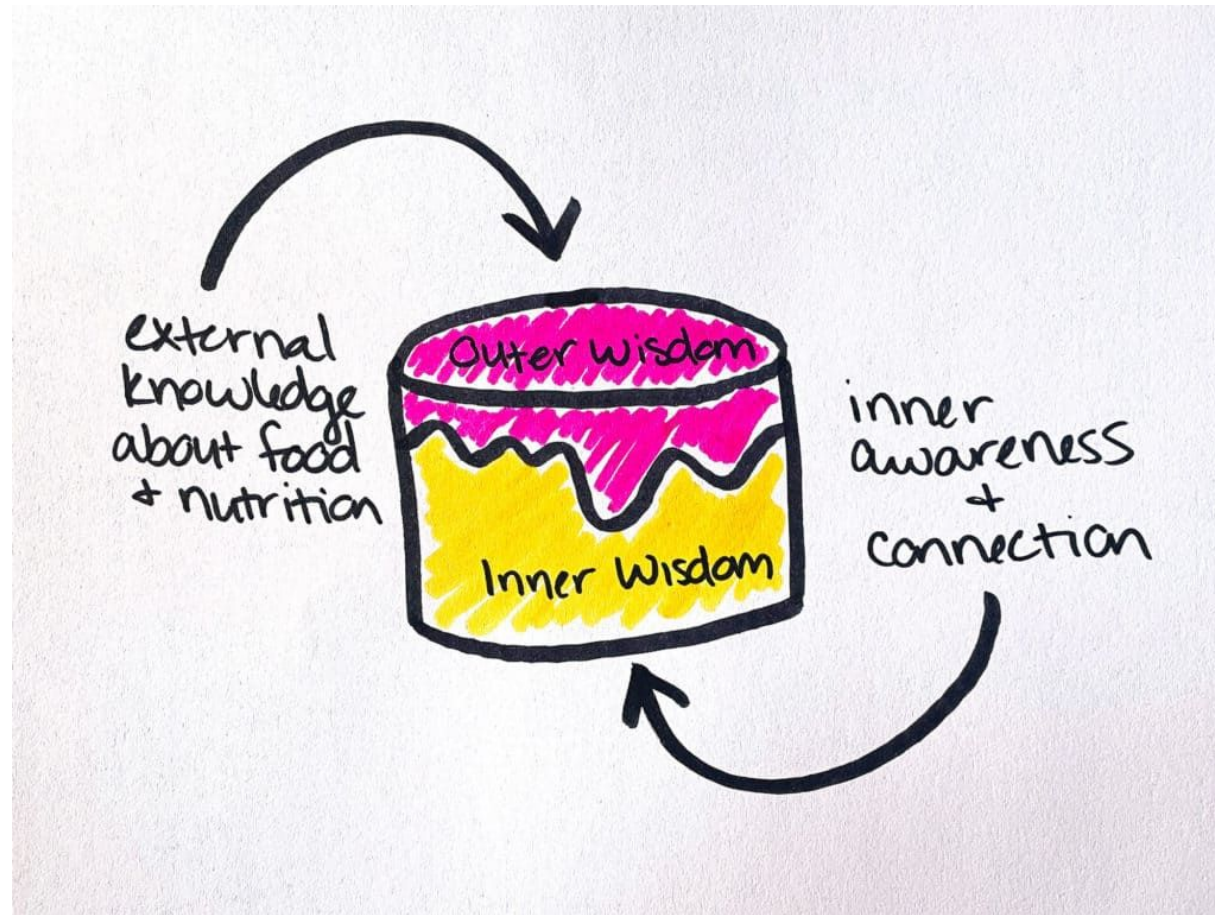


Image from: <https://mindovermunch.com/food-freedom/inner-wisdom-listen-to-your-body/>

What is Mindful Eating? (from Dr. Kristeller and MB-EAT)

- Deliberately paying attention to your experience of food and eating, without judgement.
- Becoming aware in each moment, both internally (your thoughts, emotions, hunger, flavor, fullness) and externally (nutritional value of various foods).
- Appreciating the differences between physical hunger and other triggers for eating, such as strong emotions, thoughts, and social pressures.
- Choosing to eat foods as much as possible that you enjoy and that nourish your body.
- Experiencing the flavor of food as it shifts and evolves from one bite to the next.
- Noticing how fullness develops in your stomach and how you feel once you've enough.
- Using information about the nutritional value and energy of food to meet your personal needs and inform your choice of what and how much to eat.
- Freeing energy from worries about food and giving it to other important areas of your life.



Why do we eat? (from Dr. Kristeller and MB-EAT)

1. We don't know the difference between physical hunger and other feelings and emotions
2. We see food and we salivate.
3. Memories
4. Social pressure
5. Talk ourselves into eating
6. Comfort
7. Smelling food
8. Emotional distress
9. Hearing food
10. Habitual activities

Hunger and Fullness

Do you know the difference?

- **Hunger** is a normal sensation that makes you want to eat. **Your body tells your brain that your stomach is empty.** This makes your stomach growl and gives you hunger pangs. Hunger makes some people feel lightheaded or grouchy. Everyone is different. Hunger is partly controlled by a part of your brain called the hypothalamus, your blood sugar (glucose) level, how empty your stomach and intestines are, and certain hormone levels in your body.
- **Fullness** is a feeling of being satisfied. Your stomach tells your brain that it is full. **Normally, this feeling causes you to stop eating and not think about food again for several hours.** Fullness is partly controlled by the hypothalamus, your blood sugar, and having food in your stomach and intestines.

Source: <https://www.uofmhealth.org/health-library/aa155258>

Hunger Scales can Help

1. Starving, weak, dizzy
2. Very hungry, cranky, low energy, lots of stomach growling
3. Pretty hungry, stomach is growling a little
4. Starting to feel a little hungry
5. Satisfied, neither hungry nor full
6. A little full, pleasantly full
7. A little uncomfortable
8. Feeling stuffed
9. Very uncomfortable, stomach hurts
10. So full you feel sick

<https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=zx3292>

Fullness Awareness Can Help

“Try to stop eating before you get too full. *Too full is uncomfortable. It means you ate too much.*

Get in touch with what "satisfied," or "pleasantly full," feels like for you.

- Relax before you start eating, and then eat slowly. Remember that it takes some time for your stomach to tell your brain that you're full.
- Stop a quarter of the way through your meal, and check your hunger level. If you're still hungry, keep eating, but stop again at the halfway point. No matter what your parents taught you, ***you don't have to clean your plate.***
- Learn what proper portions are. We're used to restaurant portions, but restaurant portions usually contain much more food than we need.”

Source: <https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=zx3292>

A Mindful Practice to Support You

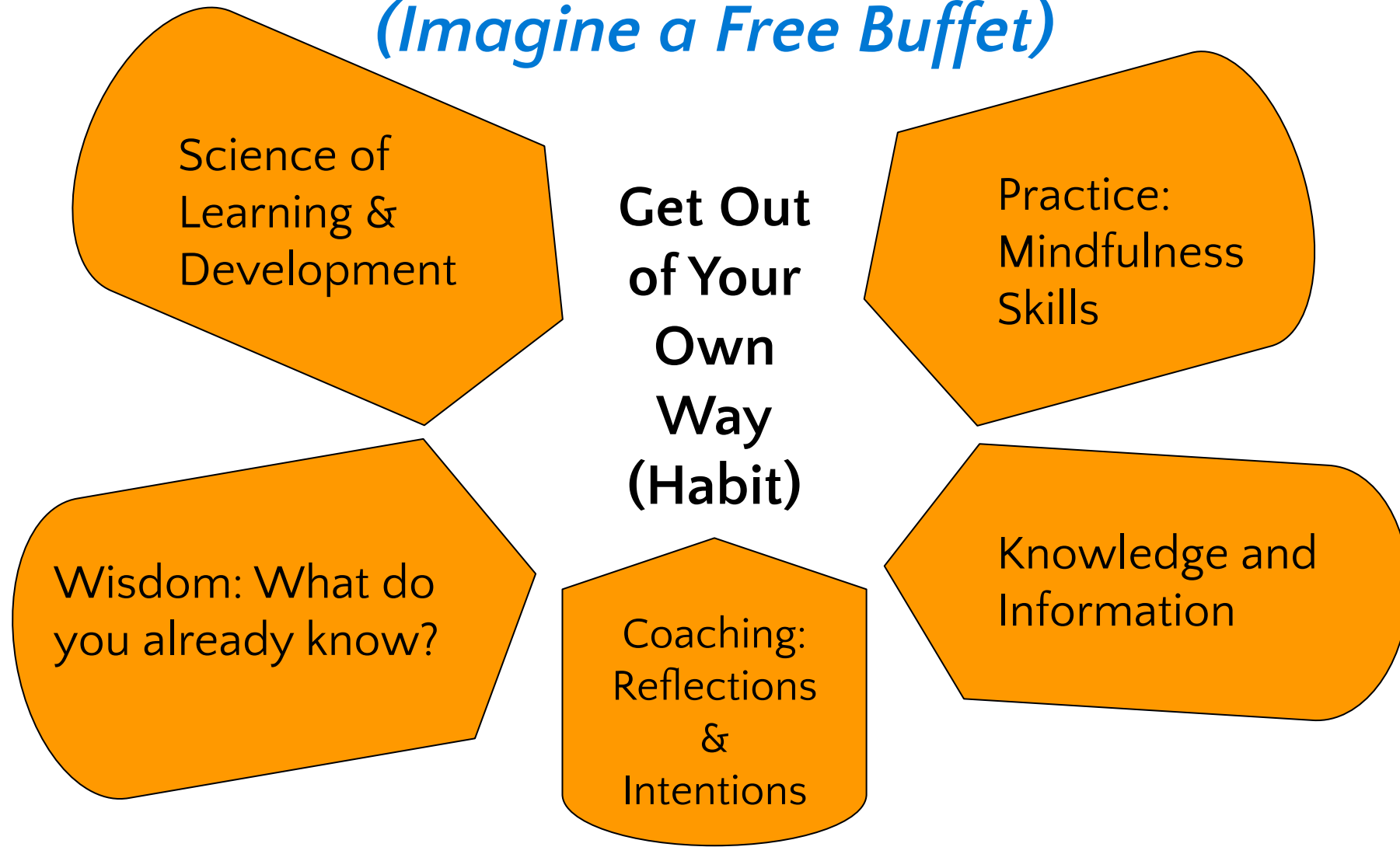
Mindful Eating Handout - Seven Tips to Mindful Eating

As referenced in Andrea Lieberstein's *Well Nourished*

1. Take a mindful check in
2. Check in with your hunger and fullness level before eating
3. Gaze at the food and take a moment to reflect upon it
4. Enjoy your food with all your sense
5. Taste mindfully
6. Check in with your hunger and fullness levels occasionally throughout the snack or meal
7. Practice, practice, practice

Lets Reflect and Practice Together: *Mindful Eating*

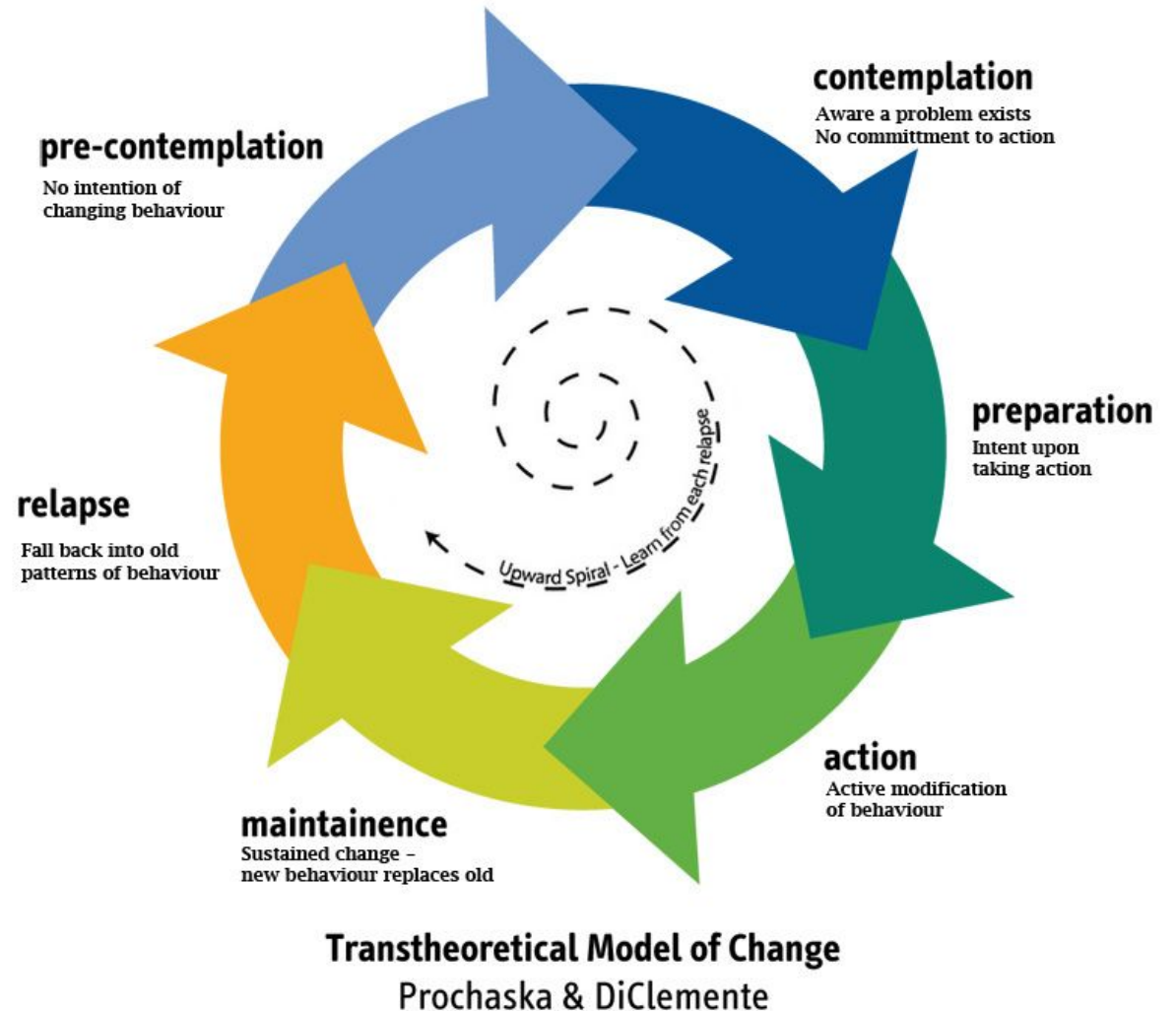
(Imagine a Free Buffet)



Coaching Tool

Honest self-reflection
reflected to your
health and wellness
goals and intentions.

Ask yourself: what
support do I need?



How do you feel after today's session? What stuck with you?

Homework:

- Reflect on how you normally respond to difficult emotions?
- Practice - at least once - the mindful eating practice.
- Worksheet: use the fullness and/or hunger scales at least once this week.

Slides and resources:

www.respondmindfully.com/getoutofyourownway

Oscar@RespondMindfully.com or text/call 831-406-3000

