

# Session 15 Leader Guide:

## Mindful Eating, Mindful Movement

### Objectives

In this session, the participants will:

- Analyze and describe current eating and activity behaviors.
- Define “mindful eating” and “mindful movement”.
- Describe the negative effects of eating mindlessly.
- Discuss the benefits of eating slowly and mindfully.
- Review the techniques for eating mindfully.
- Practice eating slowly and mindfully.
- Discuss the benefits of mindful movement.
- Review the techniques for moving mindfully.
- Make a plan for applying mindful eating and mindful movement behaviors.

### To Do Before the Session:

- If providing Food and Activity books, have supply available for participants.
- Prepare Session 15 handout for participant notebook.
- Review Food and Activity records; add comments.
- If collecting **Resistance Training Logs**; add comments.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, as they achieve their weight goals.
- Print copies of the **Group Lifestyle Balance Monthly Calendar**; have a supply available for participants.
- If providing **Resistance Training Logs**; have a supply available for participants.
- Given the array of self-monitoring tools provided, determine your protocol for review and feedback to the participants. Note: As session frequency decreases, the number of records returned at each session may increase.
- Purchase napkins and food items. Suggest mini crackers, low-fat cheese cubes, jumbo raisins, or a small piece of chocolate.
- Optional: For additional information on mindful eating, visit <http://thecenterformindfuleating.org/>
- Optional: For additional information on mindful movement, visit <https://www.mindful.org/>

### Available in the DPP-GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal Handout**
- **Group Lifestyle Balance Monthly Calendar**
- **Guidelines for Reviewing Food and Activity Records**

*[Note: For those participants who have reached their goal weight, review with them the handout entitled **When You Reach Your Weight Goal**. This may be done before or after the group meeting.]*

### **Group Sharing Time (allow at least 5 minutes)**

Let's take a few minutes to see how things went since our last meeting.

Were you able to apply what you learned at the last lesson to something in your life? If yes, how? How did it go?

How does it feel to be working on your healthy lifestyle behaviors on your own for longer periods of time between group meetings?

*[Problem solve with the participants to address any barriers.]*

*[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion]*

### **Mindful Eating (pages 1-3)**

Throughout GLB we have talked about healthy eating. But it is important to not only consider what we eat, but how we eat.

Today's lesson will first focus on the concept of what is called "mindful eating". Then we will talk about "mindful movement".

*[Review page 1 and include the following:]*

- 1. Mindful eating means to eat slowly and with awareness.** It means you are aware of not only what food is on the plate, but aware of the entire experience of eating as well. It tends to enhance the whole experience of eating.

Mindful eating is being totally focused on each sensation that happens while eating; chewing, tasting, swallowing, and savoring each bite.

Most people don't think about, or even enjoy, the taste of what they are eating; they are just focused on the next bite and/or what is happening in the environment (TV, computer, driving, reading, etc). This is called "mindless eating". Some call this "distracted eating".

What are the effects of mindless eating? *[Answers: Decreased awareness of the amount of food eaten, less enjoyment of food, decreased ability to assess level of hunger or fullness, disruption of the mind-body connection so signals that regulate food intake may not be sensed, leading to overeating.]*

## **2. Mindful eating helps with weight management.**

How long does it usually take you to eat your meals and snacks? You may want to record how long it takes you to eat your meals this coming week. You can give feedback about this at our next meeting.

Research shows that when people eat slowly and mindfully they tend to eat less food. Enjoying each bite leads to being more satisfied at the end of the meal, often with less food and fewer calories.

Other benefits of mindful eating:

- increases awareness of the amount of food being eaten
- helps with learning how to ignore the urges to snack that aren't associated to hunger
- can reduce binge eating
- enhances the whole experience of eating

## **3. Prepare to eat slowly and mindfully.**

Where do you typically eat your breakfast? Lunch? Dinner? Snacks?

We talked in Session 6, Take Charge of What's Around You, that one way to help manage cues that make you want to eat is to decrease the number of places you eat. Have you done this? How did it work for you? If you haven't, try it.

Can you describe times when you have eaten while distracted? *[Examples include watching TV, working on the computer, driving, reading, and cooking]*

- What usually happens to the amount of food being eaten while distracted? *[usually more is eaten]*
- Do you tend to get more or less enjoyment from food? *[usually less is eaten]*
- Do you feel you tend to be more or less aware of what and how you're eating? *[usually less aware of what and how much is eaten]*

## **4. Focus on your food.**

Here are some ways to make your meals last at least 20 minutes. *[Review this section. Encourage group discussion.]*

## **5. Stay tuned to your level of hunger and fullness.**

Check your level of hunger before you start eating and several times during the meal. You want to rate your hunger or fullness on a scale from 1-5. What can you see yourself doing to eat slowly and mindfully?

**6. Practice eating mindfully with others and alone.** *[Review and encourage discussion. Ask participants to answer the question on page 3 and to share their responses, if comfortable doing so.]*

**Now, we are going to practice eating slowly and mindfully.**

The purpose of this activity is to exaggerate the act of tasting and eating by slowing down and focusing moment by moment on all of the sensory qualities associated with the food.

The goal is to take 60-90 seconds to eat each food item.

*[Distribute napkins with food item(s). Options include 1 jumbo raisin, 1 cracker, and/or 1 cheese cube, or one small piece of chocolate. Use the following script to guide participants through this experience.]*

First, look at what you are about to eat. What is it? How does it look? Where does it come from? How do you feel about putting this food into your body? How does your body feel anticipating eating at this moment?

Tune into your breathing as you look at the food, knowing you are about to take it into your mouth and body. Focus only on this food.

Put the item into your mouth. Do not begin chewing yet. Feel the food in your mouth. Be aware of the sensations in your mouth; taste, texture, temperature, etc.

Now chew slowly and focus your energy on the food's taste and texture. You might try chewing longer than you normally do to fully experience the process of chewing and tasting. Focus only on the food. Notice each movement of your jaw and tongue.

Note any impulse you have to rush through this mouthful so that you can go on to the next. Let such impulses remind you that you already have food in your mouth, so you needn't go on to the next bite to have a complete experience of eating. Stay in the present moment with this mouthful, rather than rushing on to the next.

Before swallowing, be aware of the intention to swallow. Then feel the actual process of swallowing so that you become more conscious of this action. Now be aware of no longer feeling any sensation of food remaining in the mouth.

Take a deep breath and exhale.

*[Ask participants to comment on the experience. Repeat this exercise if using additional food items.]*

This was an exercise in exaggerated eating and we don't anticipate that every meal will be eaten in this fashion.

We should find pleasure in food, not guilt. Eating slowly and mindfully will help identify what is enough to nourish and sustain your body.

Mindful eating takes discipline and practice. Try to eat one meal or snack mindfully every day. Even eating the first few bites mindfully can help break the habit of wolfing it down without paying attention. Even very healthy eaters must remind themselves from, time to time, to eat slowly and mindfully.

The objective is to help to bring awareness to how much you are eating, how fast, and how your body feels during and after the meal. Everyone's minds wander easily. If this happens, just return to the awareness of that taste, chew, or swallow.

In previous sessions, we have suggested that you try to make your meal last 20 minutes. This will also help you with your mindful practice. The goal is for you to feel both physically and mentally satisfied at the end of the meal.

During which meal or snack will you begin to practice eating mindfully?

I look forward to hearing about your experiences with eating slowly and mindfully when we meet next month.

### **Mindful Movement (pages 4-5)**

Now let's talk about how mindfulness can apply to movement as well. It can be a way to enhance your physical activity experience.

*[Review information on pages 4-5 and encourage group discussion. Include the following:]*

**1. Mindful movement means to be aware of your total movement throughout the day.**

We have talked about this since early in GLB. Do you feel that you are more aware? How are you doing with adding movement and activity to your life?

**2. Mindful movement also means doing physical activity with purpose and increased awareness.**

Mindful movement also involves an increased awareness of how physical activity affects your body. Try to experience and enjoy movement with every step. Focus on the process, not just reaching the goal of getting a certain number of minutes of activity.

While you are active, tune into all your senses. What do you see around you? What do you hear? Smell? Feel?

*[Review and discuss each bullet point.]* Has anyone ever done this?

What are some minor discomforts or annoyances you have (or might) experience while being active? What was your response? Were you able to overcome this?

Mindful movement helps you stay fully engaged in what you're doing; experiencing and enjoying each step.

**3. Pay attention to how your body feels when moving after long periods of sitting.**

What sensations do you experience?

Before you exercise, think about how you are feeling. Choose an exercise that will best satisfy your present needs. Example: Would you prefer to walk outside and enjoy being alone in nature or would you rather go to an aerobic dance class and enjoy the music and being with others?

**4. Stop and consider all the amazing work your body does. Increase awareness and appreciation for your physical well-being.**

People often are critical of their bodies. Being mindful while moving is an opportunity to appreciate your body and all it does for you.

Think about all your body does just to keep you balanced and upright as you move.

Mindful movement also involves increased awareness of how activity affects your mood, thinking, energy level, and level of stress.

- Have you noticed any positive thoughts and feelings with movement?
- Do you notice that you feel energized or less stressed while being active?
- Notice as you are exercising, is your mind clear or dull; busy or calm?

During your time in GLB, have you experienced a shift in your attitude about being active? In what way?

Some people exercise because they feel they have to, it's required by GLB, or they feel guilty if they don't. Mindful movement can help people learn to enjoy being active for its own sake. It can help you to become more aware of the feelings of health and well-being that come from an active lifestyle.

Mindful movement is not about becoming a perfect exerciser. You still will have days that you struggle with motivation to get up off the couch and take a walk. But practicing mindful movement will help you enjoy all the positive feelings and sensations you get from being active.

*[Review and discuss the questions at the bottom of the page. Encourage discussion.]*

I look forward to hearing about your experiences with mindful movement at our next meeting.

**To Do (page 6)**

Turn to page 6 and let's focus on what you can do between now and the next session.

*[Review and encourage participants to try at home what was discussed in class. Ask them to stay open-minded and try it.]*

*[Announce the day, time, and place for the next session.]*

**After the session:**

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Follow your program's protocol for reviewing and commenting on the various self-monitoring records.
- Review the self-monitoring records. Write brief comments. Be positive and nonjudgmental.
  - Praise all efforts to self-monitor and to change eating and activity behaviors.
  - Highlight any positive changes made that relate to the topic of the last session before the records were collected.
  - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs**, review them. Write brief comments. Be positive and encouraging.