

# Emotional Eating – An In-Depth Learning Series \_ Week 3

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April 20, 2023



Mountain Plains (HHS Region 8)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

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The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

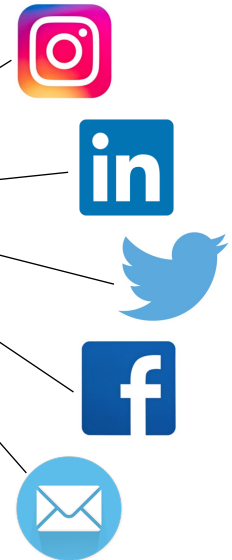
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

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# END EMOTIONAL EATING

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RP



# WORKSHOP OUTLINE

## **WEEK 1 (APRIL 6, 23)**

- ▶ EMOTIONAL EATING (EE) AND WHAT CAUSES IT
- ▶ LETTING GO OF THE DIET MENTALITY
- ▶ BUILDING MOTIVATION FOR CHANGE

## **WEEK 2 (APRIL 13, 23)**

- ▶ NUTRITIONAL WELLNESS
- ▶ COPING WITH EE

## **WEEK 3 (APRIL 20, 23)**

- ▶ MINDFUL EATING
- ▶ INTUITIVE EATING

## **WEEK 4 (APRIL 27, 23)**

- ▶ MANAGING CRAVINGS
- ▶ NIGHT EATING

## **WEEK 5 (MAY 4, 23)**

- ▶ BETTER BODY IMAGE
- ▶ MAINTAINING YOUR GAINS

# MINDFUL EATING

- ▶ Paying attention to what we are eating
- ▶ Being aware of each sensation of the experience of eating
- ▶ Allowing yourself to become aware of the positive and nurturing opportunities that are available when cooking or eating by respecting your own inner wisdom



# 5 TYPES OF MINDLESS EATING

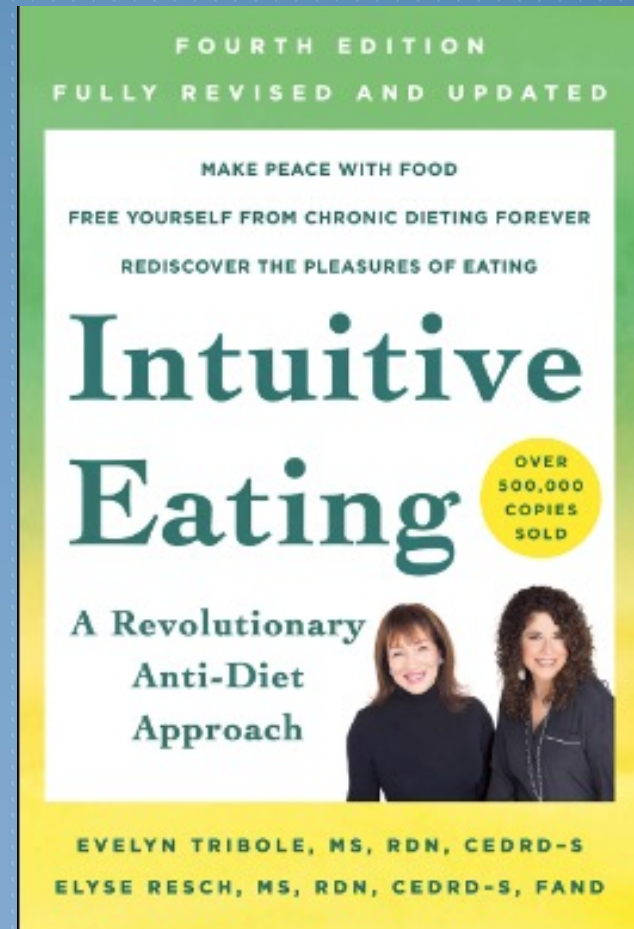
- ▶ Lack of awareness: Being unaware of how food looks, tastes, smells
- ▶ Distraction: Focusing on other things while eating
- ▶ Disinhibition: Eating even when full
- ▶ Emotional Response: Eating in response to negative emotions
- ▶ External Cues: Eating in response to environmental cues, such as advertising

# HOW TO EAT MINDFULLY

- ▶ Slow down – use your non-dominant hand
- ▶ Set fork down between bites
- ▶ Drink water between bites
- ▶ Chew food slowly, 20-30 times
- ▶ Sit down at a table
- ▶ Remove distractions
- ▶ Eat off smaller plates, smaller utensils
- ▶ Serve smaller portions. Don't eat out of packages
- ▶ Take 20-30 minutes to eat as it takes a while to feel full
- ▶ After eating food, wait 10 minutes before eating more food
- ▶ Gauge your hunger (use hunger scale from week 1)
- ▶ No judgment

# INTUITIVE EATING

- ▶ Created by Evelyn Tribole and Elyse Resch in 1995
- ▶ Reconnecting with your inner wisdom about what, when, and how to eat
- ▶ Increasing body attunement while removing obstacles to attunement
- ▶ Authentic health = Inner attunement + External health values
- ▶ Learned by doing



# THE 10 PRINCIPLES

## Intuitive eating



1  
Reject diet mentality



2  
Honour your hunger



3  
Make peace with food



4  
Challenge the 'food police'



5  
Discover the satisfaction factor



6  
Feel your fullness



7  
Cope with emotions with kindness



8  
Respect your body



9  
Exercise and feel the difference



10  
Honour your health with gentle nutrition

# MAKE PEACE WITH FOOD WITH HABITUATION

- ▶ Begin by choosing a food that you'd like to make peace with, something you'd like to have at home without worrying about over eating
- ▶ Start with one food, one flavor
- ▶ No diet foods
- ▶ Pick a time and place to have a mindful eating experience with this food
- ▶ Expect initial overeating

# DISCOVER THE SATISFACTION FACTOR

- ▶ Food satisfaction is the physical and emotional well-being related sensations that arise after eating
- ▶ What foods offer you satisfaction?
  - ▶ Flavors
  - ▶ Textures
  - ▶ Temperature
  - ▶ Volume
- ▶ What influences satisfaction?
  - ▶ Regular eating
  - ▶ Diet mentality
  - ▶ Emotional state
  - ▶ Ratio of macronutrients



# CHALLENGE THE FOOD POLICE

- ▶ Diet enforcer (reminding you of all the food rules you've taken throughout your life)
- ▶ Rebel
- ▶ Replace with voices of the “Neutral Observer” and the “Nurturer”

**“SHUT UP, FOOD  
POLICE!”**

**TELL THE FOOD POLICE AND DIET  
CULTURE TO SHOVE IT**

# BREAKOUT GROUP EXERCISE

*Food Police: “Ugh, you ate way too many cookies again, what is wrong with you? You should have known better. No sweets at all for the rest of this month!”*

*How can you replace this voice with the voices of the neutral observer and the nurturer?*

- ▶ *Neutral Observer: You ate more than you meant to and now you don't feel very well. Let's try to figure out what triggered this*
- ▶ *Nurturer: This didn't go as expected, you thought this would cheer you up and it didn't and that's frustrating. But don't be too hard on yourself, mistakes are for learning. I want you to be happy, so why don't you take a long walk to feel better?*

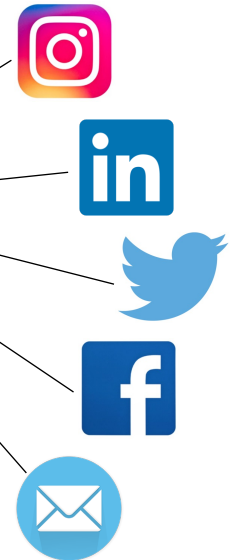
# PITFALLS OF INTUITIVE EATING

- ▶ People with binge eating disorder as well as people who are under weight have dysregulated hunger hormones (ghrelin, leptin)
- ▶ Hunger and fullness are also disrupted for those who eat due to unresolved trauma
- ▶ Strong eating habits can lead your body producing hunger hormones automatically
- ▶ Not a weight loss strategy

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# Thank You!

## Emotional Eating – An In-Depth Learning Series – Week 4

April 27, 2023



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