

Make Peace with Food

Our priority is You

MEDICAL
ASSOCIATES
of PORT PERRY



North Durham

Family Health Team

Before we get started...

- ▶ Pre-evaluation questionnaire
- ▶ All responses are anonymous and confidential and will help us to improve our programs

Meet your facilitators!

- ▶ Stephanie Green, MSW, RSW - Registered Social Worker
- ▶ Bronwen Tuck, RD - Registered Dietitian
- ▶ Kelsey Hamilton, MScFN, RD - Registered Dietitian
- ▶ Emily Vlietstra, Dietitian student



Group Expectations

- ▶ Participate when possible
- ▶ Be respectful of other participants and facilitators
- ▶ Confidentiality
- ▶ Virtual etiquette
- ▶ “comfort contract” - brainstorm



Comfort Contract



Best Hopes

- ▶ What are **YOUR hopes** and **expectations** for this program? Take a minute to consider and then please share!



Make Peace with Food

- ▶ **What you can expect from this course**
 - ▶ Intuitive eating
 - ▶ Mindful eating and mindfulness
 - ▶ Exploring relationship with food
- ▶ **What this course is NOT about:**
 - ▶ Weight loss
 - ▶ Dieting
 - ▶ Answering questions about WHAT to eat

Weight loss- Pros and Cons

- ▶ What are some benefits of weight loss?



Weight loss- Pros and Cons

- ▶ What are some of the negative side effects of dieting for weight loss?



“Diet Culture”

- ▶ **“Diet Culture”** does not just mean “being on a diet”
- ▶ It is a **system of beliefs** that include the following:
 - ▶ idolizes thinness at any cost and equates it to health and moral virtue
 - ▶ promotes weight loss as a way to attain higher social status
 - ▶ Demonizes certain ways of eating while promoting others as superior
 - ▶ Oppresses people who do not match up with it’s supposed idea of health

(Christy Harrison, 2018)

Health at Every Size

”We’ve lost the war on obesity. Fighting fat hasn’t made the fat go away. And being thinner, even if we knew how to successfully accomplish it, will not necessarily make us healthier or happier. The war on obesity has taken its toll. Extensive “collateral damage” has resulted: Food and body preoccupation, self-hatred, eating disorders, discrimination, poor health, etc. Few of us are at peace with our bodies, whether because we’re fat or because we fear becoming fat. Health at Every Size is the new peace movement. It supports people of all sizes in addressing health directly by adopting healthy behaviors. It is an inclusive movement, recognizing that our social characteristics, such as our size, race, national origin, sexuality, gender, disability status, and other attributes, are assets, and acknowledges and challenges the structural and systemic forces that impinge on living well.” - Linda Bacon, PhD

Weight loss- Pros and Cons

What if we could have the **positive effects** of weight loss **WITHOUT** the **negative side effects**?!



What does “normal” eating mean to you?



“Normal” eating

- ▶ “Normal eating is going to the table hungry and eating until you are satisfied.
- ▶ It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should.
- ▶ Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.
- ▶ Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- ▶ (Ellyn Satter, 1983)

“Normal” eating

- ▶ Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful.
- ▶ Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more.
- ▶ Normal eating is trusting your body to make up for your mistakes in eating.
- ▶ Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.
- ▶ In short, normal eating is *flexible*. It varies in response to your hunger, your schedule, your proximity to food and your feelings.”
(Ellyn Satter, 1983)

WHY do we eat the way we do?



WHY do we eat the way we do?

Stomach vs. **mouth** vs. **heart** hunger



What experience, if any, do you have
with **mindfulness**?



Mindfulness

- ▶ https://www.youtube.com/watch?v=leblJdB2-Vo&ab_channel=TEDxTalks

Mindfulness

“Mindfulness is the capacity to bring **full attention** and **awareness** to one’s experience, in the moment, **without judgment**. Mindful Eating brings mindfulness to food choice and the experience of eating.

Mindful eating helps us become aware of our thoughts, feelings, and physical sensations related to eating, reconnecting us with our innate inner wisdom about hunger and satiety.” (The Centre for Mindful Eating)

Mindfulness

- ▶ **B** - Breathe and belly check for hunger and satiety before you eat.
- ▶ **A** - Assess your food
- ▶ **S** - Slow down
- ▶ **I** - Investigate your hunger throughout the meal, particularly half-way through
- ▶ **C** - Chew your food thoroughly
- ▶ **S** - Savor your food

(The Centre for Mindful Eating, 2017)

Mindfulness

“One mindful bite”



Handwriting Exercise

- ▶ Learning new skills takes **PRACTICE!**
- ▶ Be *gentle* and *patient* with yourself as you explore mindful and intuitive eating
- ▶ Handwriting exercise - let's try together
 - ▶ What was this like for you?

Mindfulness Meditation



References

- ▶ Evelyn Tribole 2017 <https://www.intuitiveeating.org/definition-of-intuitive-eating/>
- ▶ Linda Bacon excerpt <https://haescommunity.com/>
- ▶ Christy Harrison 2018 <https://christyharrison.com/blog/what-is-diet-culture>
- ▶ The Centre for Mindful Eating <https://thecenterformindfuleating.org/>
- ▶ The Centre for Mindful Eating 2017 https://www.thecenterformindfuleating.org/resources/Documents/FFTHandout2017Winter_Starting.pdf