

the sociEATy

stage 3: find & trust your body's cues

video 2 workbook

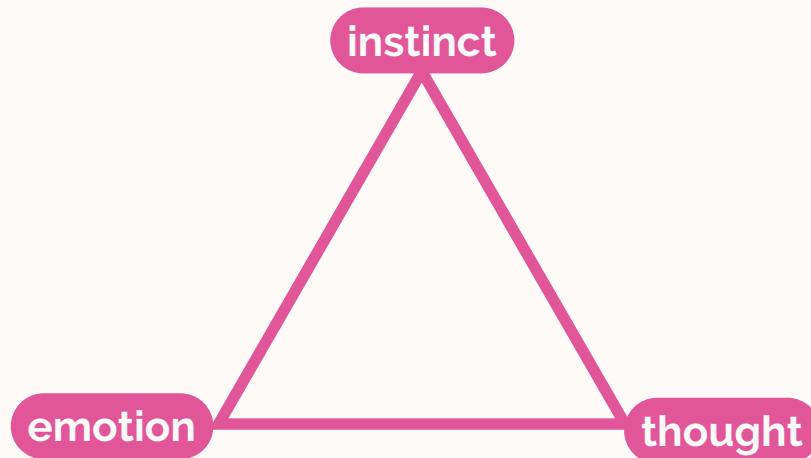
use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

no food rules.

triangle of awareness

Body attunement or “listening to your body” is a dynamic interplay of instinct, thought, and emotion. So when we think about our hunger and fullness we are thinking about our body, mind, and our emotions. This means that when you make a food choice you want to think about all 3 of those. You want to ask yourself “What is my body feeling?” “What are my thoughts?” and “How am I feeling emotionally?”



Do you consider all 3 pieces of the triangle of awareness when making a food choice? If not, which ones do you think about and which ones do you not?

A large, empty rectangular area with a light beige background, intended for a user to write their response to the question above.

identifying physical sensations

Interoception is the process through which the nervous system senses, interprets and integrates signals within the body providing moment-by-moment mapping of the body's internal landscape across conscious and unconscious levels. Interoceptive awareness is a conscious level of interoception, so we are recognizing all of this.

What we want to do in order to heighten this interoceptive awareness is to, essentially, stop living in our heads. So often we are THINKING about our body sensations VS feeling them. We are thinking about how our body may or may not feel, likely based on diet culture influences, versus truly feeling how they feel. We want to shift away from just thinking about the body and towards truly feeling the body.

physical sensations

- Shaky
- Trembly
- Throbbing
- Pounding
- Fluttery
- Shivery
- Queasy
- Wobbly
- Bubbly
- Dizzy
- Spacey
- Breathless
- Prickly
- Tingling
- Twitchy
- Burning
- Radiating
- Itchy
- Frozen
- Disconnected
- Thick
- Contracted
- Cold
- Cold
- Numb
- Hollow
- Empty
- Tense
- Tight
- Constricted
- Clenched
- Knotted
- Hot
- Full
- Sweaty
- Calm
- Energized
- Warm
- Cool
- Relaxed
- Open
- Airy
- Drained

Begin to notice your physical sensations and what emotions/states of being that they correlate to.

Emotion/state of being:

Examples: stressed
hungry

How it feels in the body:

Examples: hot
tense
knotted
drained
trembly
empty

cultivating interoceptive awareness

There are 8 factors that go into our ability to cultivate interoceptive awareness.

noticing

being aware of emotions and physical sensations that accompany it

not distracting from it

allowing yourself to embrace feeling some potentially uncomfortable things

not worrying over it

accepting that this simply IS

attention regulation

focusing your attention to the emotion and sensation

emotional awareness

being able to notice your emotions as well as physical sensations

self-regulation

being able to direct how you react to something

body listening

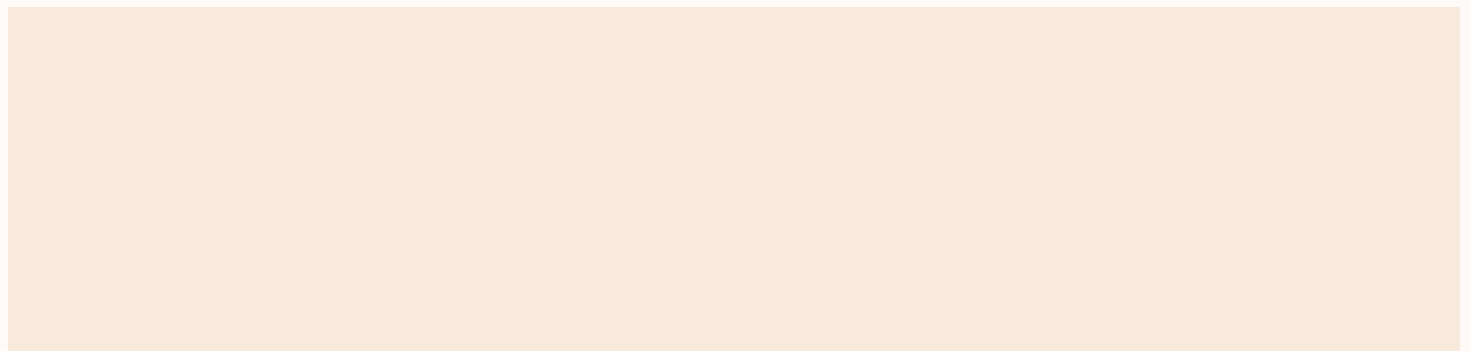
noticing how your emotions play out in body sensations

trust

learning to trust those sensations

Think back to a recent experience you had, such as food guilt, and see if you can walk through each of these steps. How would the situation have played out differently?

The situation would have...



self-care assessment

It's difficult to expect someone to listen to their mind and body if they are not taking care of themselves and their basic human needs. Check the boxes below that apply to give you a sense of your self-care patterns.



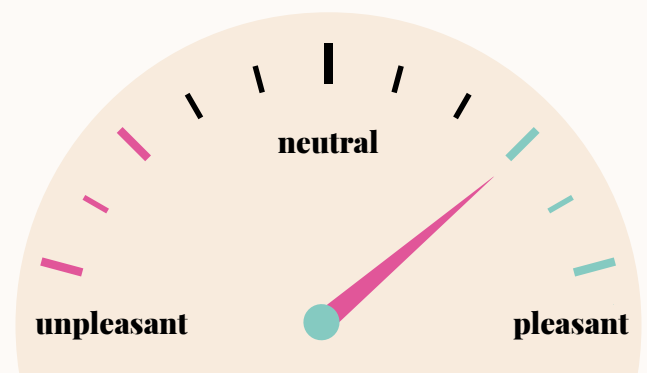
- I get enough sleep to feel rested and restored when I wake up.**
- I take time off work when needed and am able when I'm sick or am feeling burned out.**
- I do my best to get my regular medical, dental, etc. checkups.**
- I wear clothes that fit my body comfortably.**
- I make connections and/or spend time with people who I enjoy and who are supportive of me.**
- I move my body in ways that I enjoy and am able, if I wish to.**
- I am aware of my thoughts and feelings without being judgmental of myself.**
- I make time to relax in some way without feeling guilty.**
- I have someone in my life who will listen if I am upset, just need to talk, etc.**
- I am able to maintain and/or manage stress levels to the best of my ability.**
- I give my body enough food to fuel it.**
- I make time for self-reflection such as journaling or practicing mindfulness.**

For boxes that are not checked, brainstorm ways that you can work to include these in your life.

hunger scale

The hunger scale is a tool that can allow you to gauge when and how much to eat. You have two options for the hunger scale: one with numbers and a more gentle option that simply assesses pleasant, unpleasant and neutral feelings. Begin to play around with which one you prefer by assessing yourself before and after a few of your eating experiences,

- 1**  **Painfully hungry. Primal hunger, very intense and urgent.**
- 2**  **"Hangry", Ravenous and irritable. Anxious to eat.**
- 3**  **Hungry and ready to eat, but without urgency. A polite hunger.**
- 4**  **Subtly hungry, slightly empty.**
- 5**  **Neutral. Neither hungry nor full.**
- 6**  **Beginning to feel emerging fullness.**
- 7**  **Comfortable fullness. You feel satisfied and content.**
- 8**  **A little too full. Not pleasant, but not quite an unpleasant experience.**
- 9**  **Very full, too full. Uncomfortable. Want to unbutton your pants or remove belt.**
- 10**  **Painfully full, stuffed. May feel nauseous.**



how to assess your hunger

The "goal" for your hunger and fullness is to stay in the pleasant/comfortable range for the most part. Begin to take note of how much food allows you to stay in this range. Use your chosen tool from the previous page to do the following meal/snack time assessment.

Note: there is no "right" or "wrong" place to begin or stop eating. What matters is that this feels comfortable to you and allows your body to feel fueled after stopping. Also consider how long different amounts of food keep you feeling full for as this may impact your decision for when to stop eating.

Before eating, where did your hunger level fall? Was this comfortable?

After the meal, where did your fullness fall? Was this comfortable? How long were you full for?

Is there anything you'd change about this eating experience to make it a more pleasurable outcome for next time?

As you continue to use these tools see if you notice any patterns that repeatedly arise and how you can adjust to create a more pleasurable eating experience to honor comfortable hunger and fullness.

having a mindful eating experience

Check as many boxes that you can before starting a meal to cultivate a mindful eating experience.

BEFORE



- remove distractions (TV, books, computer, phone, etc)**
- take note of any emotions you might be feeling**
- notice your surrounding environment and how it might impact your eating experience**
- take a few full, deep breaths to center yourself**
- take a moment to look at your meal and notice the colors, textures, etc.**

DURING



- how does the food taste?**
- how is the mouthfeel/texture?**
- does it taste as good as you expected?**
- how has your hunger level changed? is it approaching fullness?**

AFTER

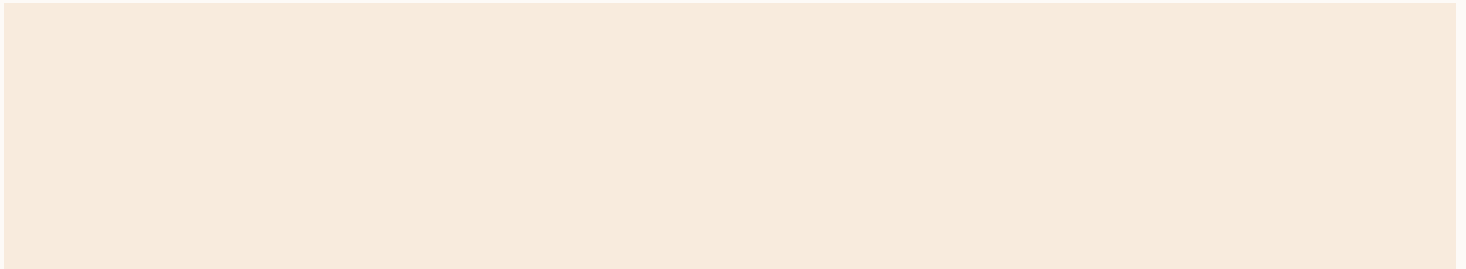


- was this a pleasurable eating experience?**
- do you feel comfortably full and satisfied?**
- take note of anything you'd like to change for next time**

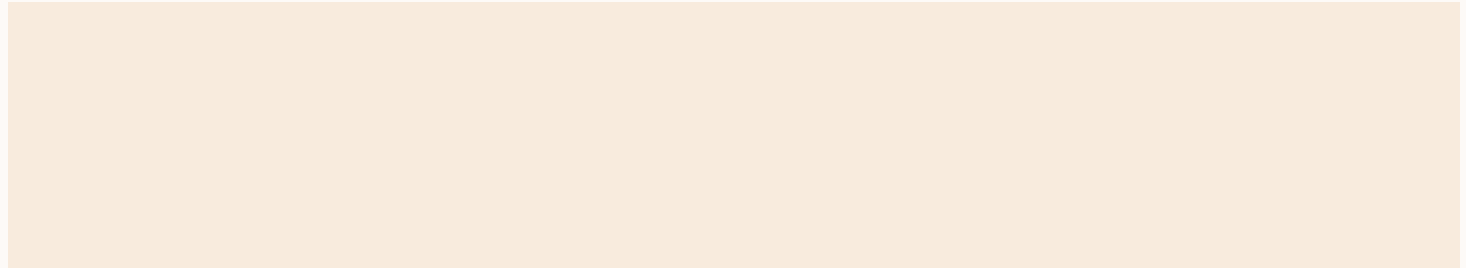
your pattern of eating

As you begin to tune into your hunger and fullness cues you may begin to notice a pattern of eating that feels best to you. For example, you may notice that having an afternoon snack on the way home from work allows you to feel a comfortable level of hunger when dinner time comes. Or maybe you prefer to have a larger breakfast to fuel your day. There is no "right" or "wrong" with this. Take a moment to assess various times of the day and take note of any patterns or common themes that you discover that help you feel your best.

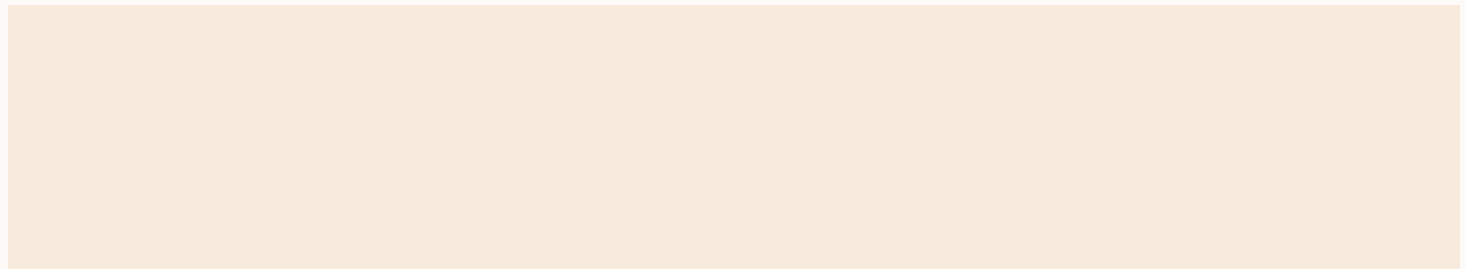
Morning patterns/common themes



Afternoon patterns/common themes



Evening patterns/common themes



4 types of hunger

Hunger is more than just a tummy grumble. There are actually 4 types of hunger. Take a moment to review each type and how each does/does not show up in your life.

Note: We will address taste and emotional hunger later. For now just bring this into awareness.

how this does/doesn't show up...

biological hunger

This is our primal, physical hunger that we typically think of when we think of hunger cues. These can come in varying degrees that you'll get in touch with while using the hunger scale or the pleasant/unpleasant assessment.

practical hunger

This is using your brain to help take into account your schedule, availability and planning ahead to keep your body fed and comfortable. Some people can also think of this as "eating for self care".

taste hunger

This is when you are craving a specific type of food or drink, like wanting a specific flavor of ice-cream on a hot day or a specific type of pizza on a Friday night, regardless of biological hunger.

emotional hunger

This hunger is when food is used to cope with emotional feelings which many times are uncomfortable (loneliness, boredom, stress, etc.) but can also be for happy emotions such as celebration.

pre-meal hunger scan

Use the following worksheet before a meal to help tune into and refine your ability to follow your hunger cues.

What hunger level are you starting at?

What emotions are you feeling?

What thoughts do you have about the food that you're eating?

If you could change anything about this eating experience and your hunger, what would you change? If you identified something to change, take note of how you can do this next time.

recognizing fullness

Fullness cues can be different for everyone. As you begin to work on tuning into your fullness levels take note of which fullness cues you feel that let you know you've had enough. Check the boxes below of the fullness cues you feel.



- no longer paying as much attention to your food**
- losing interest in the meal**
- the food no longer tastes as good (usually the first few bites taste BETTER as a way for your body to drive you to keep eating. But as you get energy, the intense taste wanes)**
- physical fullness or distention in your stomach**
- feelings of boosted energy, and/or a relaxed and pleasant mood**

Do you notice anything about the types of foods that you eat and which ones keep you feeling full the longest?

If honoring your fullness is difficult, take a moment to reflect on some of the common barrier to honoring one's fullness cues. Check the boxes of the ones the may apply to you,

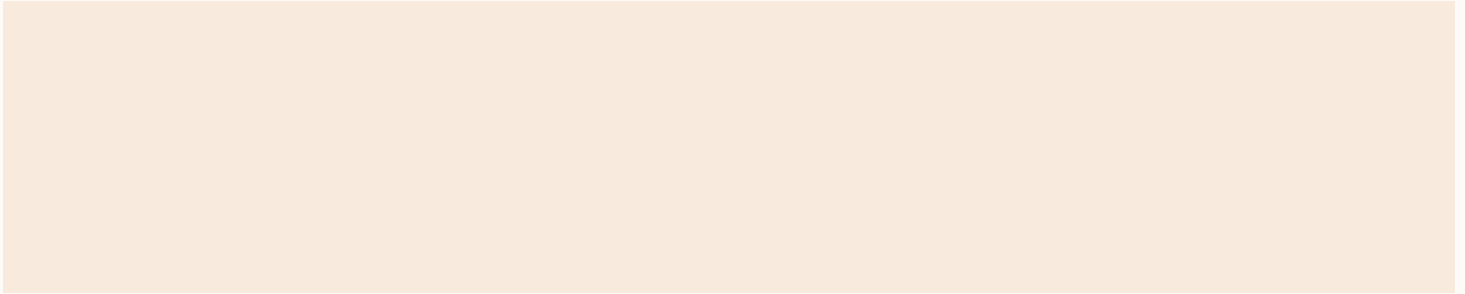


- Do you see a meal time as your “chance” to eat. Is there mental restriction? Are you truly giving yourself unconditional permission to eat outside of meal times?**
- Are you starting the meal too hungry? (Which leads to overeating)**
- Are you also feeling any emotions that may be playing a role in honoring your fullness?**

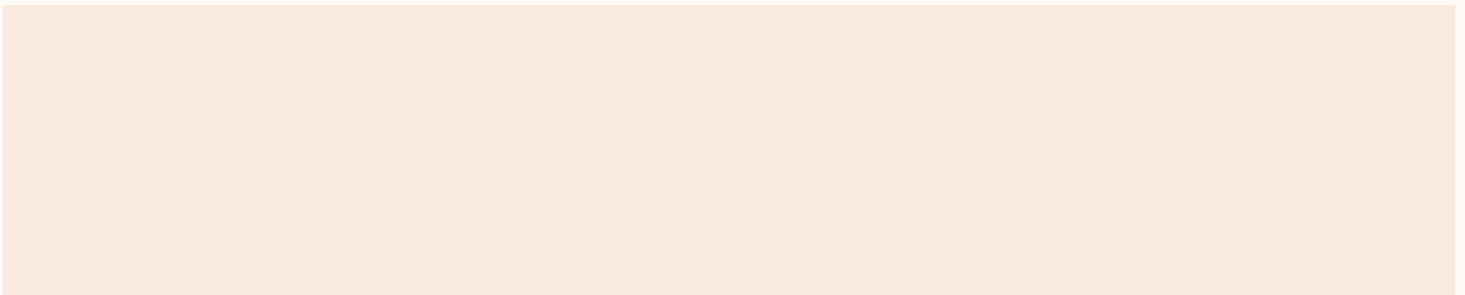
full meal time assessment

When you first begin tuning into your hunger and fullness you'll start with hunger. Then, you'll add fullness. When you feel like you're beginning to understand those two you can try a full meal time assessment where you assess yourself before, during and after a meal. Try this 1x per day (not at all meals as this can feel too overwhelming and unrealistic).

Before you start eating take a moment to reflect.



In the middle of your meal assess your eating experience and how your hunger level has/has not changed.



After the meal reflect on the whole experience. Was it enjoyable? Is there anything you would change for next time?

