

the sociEATy

stage 3: find & trust your body's cues

video 3 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.

fullness VS satisfaction

It's important to note that there is a difference between fullness and satisfaction.

Fullness typically refers to the physical feeling in the stomach in relation to the amount of food one has eaten. This absolutely does play a role in our fullness but so does satisfaction.

There are two subsets of satisfaction: how satisfying the food is to your body and how enjoyable the food is to your soul.

satisfying
to the
body

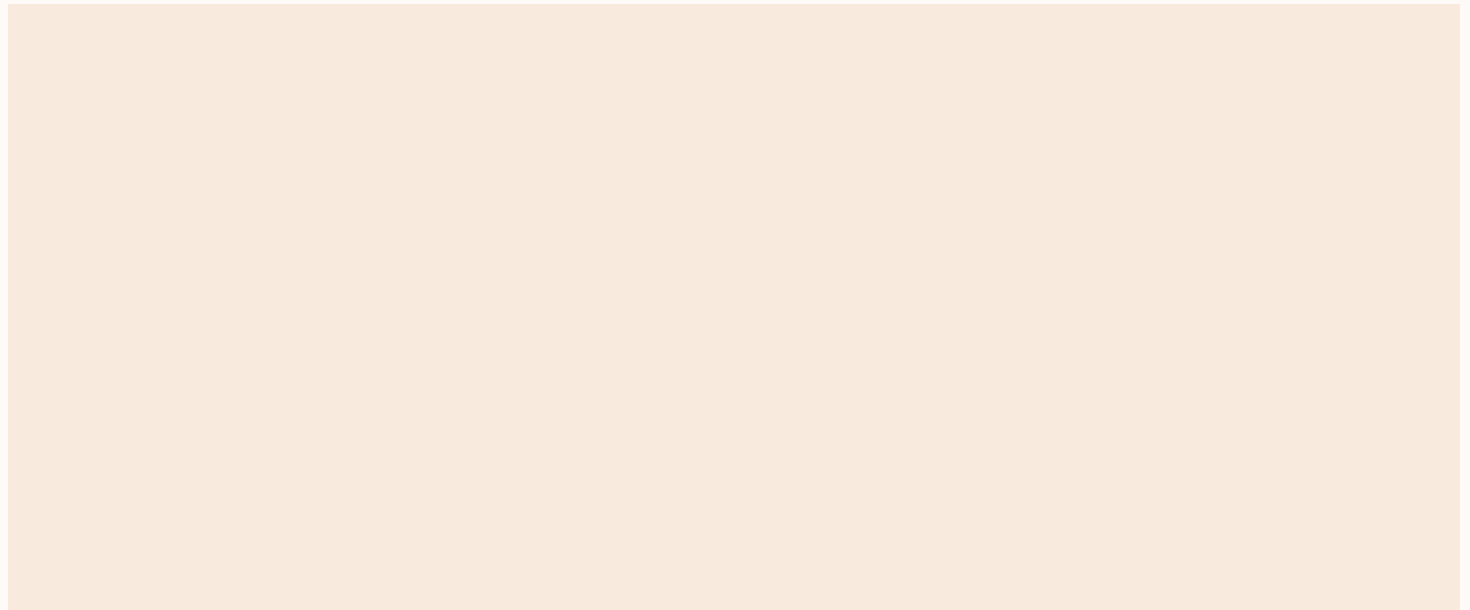
This type of satisfaction refers to how well different foods fuel your body. This includes overall amounts of food and including a variety of macronutrients. Foods that are satisfying to the body have "staying power".

satisfying
to the
soul

This type of satisfaction refers to how enjoyable foods are to you. This can be described as a food "hitting the spot" and being what you're desiring. This includes honoring your cravings and "taste hunger" in order to feel satisfied.

Take a moment to reflect on your eating experiences and note if they hit all 3 marks: fullness, body satisfying and soul satisfying. If not, notice where you have room for improvement and brainstorm ways to do so.

My eating experiences typically...



tips for making eating more satisfying

Experiment with the different tips below to cultivate a satisfying eating experience. Try to check off as many as you can before eating.



- **Make time to appreciate your food. Each meal doesn't need to be a 30 minute break, but even 10-15 minutes of dedicated time can heighten pleasure**
- **Sit down to a plated meal**
- **Take a few deep breaths before you begin eating to “center” yourself**
- **Take time to actually taste your food as you eat it and make note of how it feels in your body. If you pay attention, the first bite of food will likely taste much better than the later ones. This is a subtle satisfaction and fullness cue. When you start a meal your taste buds are heightened as a way to get your body the energy it needs.**
- **Check in with your fullness level as you eat**
- **Include variety in your eating**
- **Try adding one thing to your meal solely for enjoyment (a spice, topping, etc)**

Inevitably there will be times where meals just don't feel enjoyable, and that is normal. Chalk that one (or ones if it is a period of time) up to practical hunger and move on. But, if you're noticing that NONE of your meals are ever enjoyable I'd suggest taking a deeper look at that. Is there something in your life that needs addressing? Is your work schedule so overbooked that you don't have any time to meet your own self-care needs?

If none of my meals feel satisfying I can work on...

the raisin meditation

Use this exercise to help you become more mindful during the eating process. Allow yourself to fully experience the foods you're eating in order to become familiar with what is satisfying to you. This exercise can be done with any food, but raisins work well to get the hang of it due to their texture. You can alternatively try a chocolate chip!

Step 1 Take the raisin and hold it in your hands. Take a look at the raisin. Imagine that you've never seen it before. Take in all of it's characteristics.
my notes...

Step 2 Roll it between your fingers, feeling the ridges, weight, firmness, etc.
my notes...

Step 3 Smell the raisin. Is there a scent? How does the scent impact you? Does it trigger hunger? Desire? Or maybe distaste?
my notes...

Step 4 Place it in your mouth, but do not chew. Notice how it feels and tastes. Then begin to chew slowly. Notice how the texture and taste changes as you're chew.
my notes...

Step 5 Now, wait until you have the desire to swallow the raisin. Notice that desire and do so. Follow the experience.
my notes...

Step 6 Finally, reflect on the experience. How do you feel as a whole?
my notes...

satisfaction assessment (likes)

As you begin to focus on identifying satisfaction you may begin to notice characteristics/common themes about your eating. Take a moment to reflect on your preferences in the following categories.

texture

Ex: crunchy, smooth, etc.

flavors

Ex: spicy, nutty, etc.

temp.

Ex: cold, warm, hot, etc.

foods

Ex: peanut butter, chocolate, eggs, etc.

looks

Ex: colorful, texture, etc.

cuisine

Ex: American, Mexican, Italian, etc.

setting

Ex: distraction free, outside, etc.

other

satisfaction assessment (dislikes)

As you begin to focus on identifying satisfaction you may begin to notice characteristics/common themes about your eating that you do NOT enjoy. Take a moment to reflect on your dislikes in the following categories.

texture

Ex: crunchy, smooth, etc.

flavors

Ex: spicy, nutty, etc.

temp.

Ex: cold, warm, hot, etc.

foods

Ex: peanut butter, chocolate, eggs, etc.

looks

Ex: colorful, texture, etc.

cuisine

Ex: American, Mexican, Italian, etc.

setting

Ex: distraction free, outside, etc.

other