

the sociEATy

stage 5: health & wellbeing

video 4 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.

awareness

It's very important to have awareness of your food freedom "status" if you will, to notice anything that might be trying to undo your learning and it's important to be aware of any life circumstances that may change and ultimately impact your food and body freedom.

A great way to increase your awareness and prevent any unconscious "backsliding" is to put some reflection time into your calendar. I recommend this on a weekly basis, ideally. It doesn't have to take a lot of time at all, just a few minutes! Here is what it might look like: At the end of the week do a little reflection and assess yourself in terms of physical, mental and emotional health.

On what day and roughly at what time will you build in time to reflect each week?

this
week's
ratings

Rate each on a scale of 1-10; 10 being the best

Physical health:	<input checked="" type="checkbox"/>	which category has the lowest score:
Mental health:	<input type="checkbox"/>	Physical health
Emotional health:	<input type="checkbox"/>	Mental health
	<input type="checkbox"/>	Emotional health

next
week's
plan

Think back to last week and think of anything that went well that you'd like to carry into the following week:

Think about the category above with the lowest score and brainstorm one way that you can work to improve that score next week:

handling 'hiccups'

This journey is not linear and that includes after you feel like you've "become" an intuitive eater. There may be times in your life when you notice diet mindset talk creeping back in or critical body image thoughts arising more frequently. When this happens it's important to zoom out and assess what has changed or what may be causing this. Remember, food and body are coping mechanisms. So, if we feel ourselves reverting back to old patterns it may be as a result of us using those old patterns as coping mechanisms. What else is going on? What else has changed?

Take a moment to do a check in with yourself when this happens. Check the boxes to the questions you answer "yes" to.



- Am I lacking sleep and/or rest?**
- Am I feeling extra stressed?**
- Is there something causing me anxiety?**
- Do I have an event coming up that I may be worried about?**
- Did I have an argument or disagreement with someone?**
- Am I feeling burnt out in some way?**

Besides the above, are there any other issues that have arisen in your life?

Identify ways that you can work to overcome the identified issues to avoid using food and body as a coping mechanism.

being an active SociEATy member

Being an active member in The SociEATy has been shown to help members keep their food freedom and even further their ability to feel good in their body and become more confident as a whole. Below are some ways that you can fit this into your life seamlessly and easily. Check the box corresponding recommendation when completed.



Go back and re-watch the videos when you feel you need a refresher (recommended every 3-6 months)



Submit any questions you have that arose from your weekly reflections to the group coaching sessions.



Listen to replays of coaching calls, workshops and pep talks on our private podcast as you drive to work, go grocery shopping or are on a walk. Even just listening for 5 minutes a few times a week can give you some serious nuggets of wisdom! Pick a time each week that will be your SociEATy podcast/replay time.

My designated time will be..



Schedule in some time each week to scroll through the community group to see what others are asking and/or ask questions yourself.



Share 1 WIN per week in The SociEATy group