

How To: #moderation365 + Q&A

How to Navigate the Middle Every Time You Sit Down to Eat

Week #2 Recap

- Honing in on Mindfulness: “automated thinking”
- Asking questions: How full am I? Am I hungry right now? How does this taste right now? Am I craving? Why?
- Getting investigative and learning about yourself
- Tool #2 - Intermittent Sampling
- Tool #3 - The Utility of Hunger (feeling versus fighting it)
- Your HW: Intermittent Sample a food of your choice, have the full experience, imperfection = goal

Intro to the #AbundanceMindset

- Practice: say yes - taste everything, devour nothing:
 - “Yes, I’ll have some.”
 - “Sure, I’ll have a bite.”
 - “I’ll try some.”
 - “Yeah, order it, I’ll have a slice.”
 - “I’ll split something with you.” (the practice of sharing!)
- Reinforces that food is plentiful and nothing is ever scarce

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Because here’s the problem:

- **When we feel like food is scarce or limited, we:**
 - Clear our plates so that things don’t “go to waste”
 - Get the most disgusting thing on the menu, because, “What if we’ll never get the chance again?”
 - Eat free food we don’t actually want because, well, it’s free!
 - Finish any food we buy because well, we paid for it!
 - Choose “specialty items” out of fear that we’re missing out (Food FOMO)
- **Do these choices help us navigate the middle?**
- **Do they get us closer to our goals?**

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- **FOOD FOMO** - What is it?
- **Situational eating** - allow our environment to dictate our food choices, rather than us dictating them
 - Choices versus decisions
- **Examples:**
 - What happens if “there’s not enough food?”
 - What happens if you order at a restaurant and you’re still hungry after your meal?
 - What happens if you are at home and want something sweet but there’s nothing in the house?
 - What if someone is giving out free food and you feel the compulsion to get it?

#AbundanceMindset Mantra

**THERE’S ALWAYS MORE
WHERE THAT CAME FROM**

(so you don’t have to eat it all right now)

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- **Homework:**

- Make choices, not decisions
- Be mindful of when you are feeling as though food is scarce
- Create an (in the moment disappointing) alternative strategy to feel satisfied (remember #SatisfactionFactor?)

Questions?