

4-Week Food Obsession Boot Camp: Week 2



Jill Coleman, MS, @JillFit

Welcome to Week 2



- ☞ Week #1 in review:
 - ☞ Lion's den
 - ☞ Abundance vs. Scarcity mindset
 - ☞ Mindfulness (notice and name IN THE MOMENT)
 - ☞ Fear over loss of control
 - ☞ Give over the reins vs take ownership
- ☞ Is this working? vs. Am I learning?
 - ☞ This is a practice, not a protocol
 - ☞ Reminder: the old way will always be there for you ☺

Again, what's the goal?

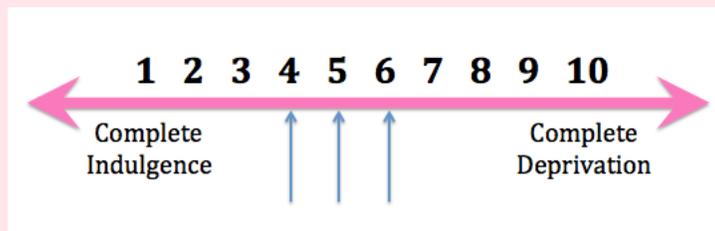


- ☞ Lose the obsession
- ☞ How does this happen?
 - ☞ **Moderate** approach so that nothing is ever “off limits” and you don’t ever feel deprived (prevent deprivation)
 - ☞ **Mindfulness** approach so that you never feel like you are eating with abandon either, aka “brain shutdown mode” (prevent bingeing)

Again, what's the goal?



- ☞ Operating from:
 - ☞ 1) moderation and
 - ☞ 2) mindfulness
 ... land you in the middle of the DIS:



Cultivating Mindfulness



- ☞ Mindfulness is the mid-point between too much thinking (obsession) and too little thinking (binging)
- ☞ Slows down time for assessment
- ☞ Requires quick mental, on-the-fly intake of 2 things:
 - ☞ What am I FEELING right now, *emotionally*?
 - ☞ What am I FEELING right now, *physically*?
- ☞ Examples of mindfulness in practice:
 - ☞ Get caught hungry/without food – what do you do?
 - ☞ Get caught at an event/restaurant (Situational Eating) – what do you do?
 - ☞ Get caught with no food at your house – what do you do?

Cultivating Mindfulness



- ☞ Mindfulness is the mid-point between too much thinking (obsession) and too little thinking (binging)
- ☞ Asks:
 - ☞ 1) What would I really LIKE in this moment?
 - ☞ 2) And if that's not an option, what's a concession/preemptive cheat I can have instead?
- ☞ You become mindful, and then **IN THAT MOMENT**, you put together your strategy ...

Cultivating Mindfulness



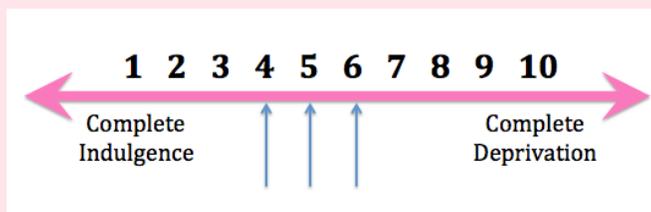
- ☞ You become mindful, and then IN THAT MOMENT, you put together your strategy. Requires you stay present.
- ☞ What are the strategies?
 - ☞ Surfing the urge (give it 10-20 minutes), breathe into it, put together your alternative strategy
 - ☞ Surf the disappointment
 - ☞ Be mindful of your hunger: *feel* it, honor it, put together a healthy strategy to deal with it

Cultivating Mindfulness



- ☞ You become mindful, and then IN THAT MOMENT, you put together your strategy. Requires you stay present.
- ☞ Employ preemptive cheats – name your 3 preemptives right now
- ☞ Manage your trigger times – have a strategy/ritual:
 - ☞ Mid-afternoon
 - ☞ When you get home
 - ☞ After dinner
 - ☞ Throughout the day when you have cravings for sweets

Cultivating Moderation



- ☞ Preemptive cheats (nutritional relief daily beats deprive-then-binge cycle for both **results** AND sanity)
- ☞ Picking and choosing your nutrition battles:
 - ☞ Perfection is not an option
 - ☞ Employ “nutritional gimmies”
 - ☞ How do you handle the gray area?
 - ☞ E.g. booze or starch, fat or starch, perspective

Cultivating Moderation



- ☞ Moderation is not failure, it's success
- ☞ It's never feeling deprived, and never eating everything you want either, even when your brain shut-down wants you to:
 - ☞ PAW – Pull Away & Wait (mindfulness)
 - ☞ Reinforces the Abundance Mindset
 - ☞ FOOD WILL ALWAYS BE THERE

Cultivating Moderation



- ☞ Moderation is not failure, it's success
- ☞ It's a PRACTICE - How do you practice?
 - ☞ First, get over yourself ☺
 - ☞ Then,
 - ☞ Intermittent Sampling
 - ☞ One Fry Rule
 - ☞ Three Polite Bites

Your HM this week



- ☞ Minimal food prep, fly by the seat of your pants this week
- ☞ Why?
 - ☞ This helps you build SELF-TRUST – YOU CAN HANDLE ANYTHING! YAY!
 - ☞ Check in with your hunger – what do you DO when you feel it? Do you surf it & plan your strategy OR do you do brain shut-down and follow your impulses?
- ☞ I want you to write down right now the gist of what you will eat on a daily basis this week
 - ☞ Breakfast options
 - ☞ Snack options
 - ☞ Lunch options
 - ☞ Dinner options
- ☞ What will you do when you don't have food?

Questions?

