

4-Week Food Obsession Boot Camp: Week 4



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Week 3 Review



- ☞ Shirking your “rules” – why is this useful?
 - ☞ Rules – a crutch?
 - ☞ Ownership of the process vs. being a victim of the process
 - ☞ Example - competitors
- ☞ Cultivating perspective – reinforces “on” or “off” thinking?
- ☞ Too many rules drains willpower
 - ☞ Not all nutrition rules carry the same impact
 - ☞ Don’t sweat the small stuff
 - ☞ Reinforces the need to take YOU into consideration

Active Acceptance



- ☞ Does moderation feel like failure?
- ☞ Does not being as lean or as toned or as thin as we think we *should* be, mean we are no good? Or we're weak or undisciplined?
- ☞ Is our self-worth dependent upon:
 - ☞ Our weight?
 - ☞ Our dress size?
 - ☞ How well we can follow someone else's random meal plan? Someone who doesn't know you nearly as well as you know yourself?
- ☞ The problem is "just be compliant" thinking

Active Acceptance



- ☞ Problem with black-and-white thinking when it comes to eating:
 - ☞ We can never feel good enough. It's a trap.
 - ☞ Moderation feels like giving up
 - ☞ Showing ourselves self-compassion feels like giving up
 - ☞ Accepting that we are human and we can't (nor should we) be perfect, feels like giving up
- ☞ **Active acceptance:** accepting the reality of where you are, as to free up mental space to continue to strive
- ☞ How can we actually IMPLEMENT when we are using all our mental focus elsewhere? Usefulness of guilt/shame/self-hatred?
- ☞ Acceptance without resignation – creates a solid platform on which to learn + grow

Getting Your Mind Right



- ☞ Giving yourself the benefit of the doubt ... is a choice
- ☞ Accepting that what you're doing *is* your best in that moment ... is a choice
- ☞ Beating yourself up mentally ... is a choice
- ☞ Not being okay with you, your progress, your successes (your struggles?) ... is a choice
- ☞ Looking in the mirror and saying, "I'm okay." ... is ultimately a choice.
- ☞ Everything else is a distraction, a crutch, mental aerobics that keep us from fully realizing our happiness, joy, low-stress state
- ☞ Getting over yourself??

Mental Aerobics Drain Willpower



- ☞ Photo shoot story
- ☞ What are mental aerobics?
 - ☞ Mental planning, counting, neurotic rule following, zero resiliency when you "mess up"
 - ☞ Guilt, shame, remorse, self-disgust, negative self-talk, negative reinforcement
 - ☞ Excuses, blame, complaining
- ☞ The same (or worse) outcome?
- ☞ The "What-the-Hell" effect – defeat, discouragement, giving up

Mental Aerobics Drain Willpower



- ☞ How do we overcome mental aerobics?
- ☞ Give yourself permission to:
 - ☞ Choose moderation instead of all-or-nothing (preemptive cheats)
 - ☞ Be human
 - ☞ “Mess up” and then learn from those instances (resiliency)
 - ☞ Everything is just data
 - ☞ Nothing is ever irreversible, you’re never “too far gone”
 - ☞ Give yourself the benefit of the doubt (self-compassion)
 - ☞ Be an example! Ownership!
 - ☞ Your 3 Daily Nutritional Commitments ...

3 Daily Nutritional Commitments



- ☞ Why this strategy?
 - ☞ Low energy/high impact, simple to do
 - ☞ Conserves willpower
 - ☞ Offer little wiggle room for too much overindulgence
 - ☞ They take the edge off (goal: never to feel deprived)
- ☞ Commitments instead of “rules” – implies you have a choice (abundance vs. lack mindset)
- ☞ What are yours?
 - ☞ Write them down!

Tools That Move the Dial: Recap



- ☞ Mindfulness
 - ☞ PHYSICAL sensations
 - ☞ Slows down time to make a CHOICE about how you handle sensations
 - ☞ Create SATISFACTION strategy in the moment
- ☞ Moderation
 - ☞ Preemptive cheats
 - ☞ Intermittent Sampling/One Fry Rule
 - ☞ Situational eating strategies
- ☞ Eat to 80% fullness – PRACTICE
- ☞ 3 Daily Nutritional Commitments
 - ☞ And question the rules and ask, what will work FOR ME long-term?

Your Homework



- ☞ Follow your 3 Daily Nutritional Commitments this week (and forever!)
 - ☞ Pinpoint your trigger times around them
 - ☞ Create a moderate/satisfying strategy for your triggers
- ☞ Home in on your negative self-talk
 - ☞ Give yourself the benefit of the doubt
 - ☞ Practice self-compassion
 - ☞ Ask, what's worst-case scenario and can I handle it?

Questions?

