

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?
6. How did you challenge yourself this week?
7. What fills your cup? What gives you energy? What keeps you grounded?
8. What are you looking forward to? Something big and something small.
9. Who do you want to give kudos to? Who do you want to compliment?
10. How do you water your relationships with your close friends, co-workers, neighbors, and family members?

Session 9 Review:

1. CHECK-IN
2. TOOL BOX: Important relationship between Positive Emotions and Behavior Change. Training positive emotions and optimism.
 - Reflection questions
 - Mindset
 - Small Steps = Success
 - Self-awareness / Feelings wheel
 - Strengths
 - Self-Talk
 - Connecting with others / kindness
 - Play / fun / Laughter
 - Exercise / Music / Dance
 - Children Pets
 - Mindfulness / Breath work / Gratitude
3. INFORMATION:
 - Go-to weekly meal(s) you are OK with eating on repeat.
 - Default meals when you're in a time pinch. What's quick and easy?
 - Meal Prep
 - Staples on hand
4. QUESTIONS:
 - Quick Lunches
 - Advocacy for food
5. RECIPE RESOURCES
 - Book, Website, and Recipe.
6. GOAL: Checked in on our big goal. Are we heading in the right direction. Do you need to scale up or scale down. Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well? Focus on the positive first.
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience with the experiment?
Did somethings not go as well?
6. Did anything get in the way?
What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.

TOOLS / STRATEGIES:

Appreciative Inquiry

- When in the past have you had success with eating clean?
- What was different then?
- What set you up for success?
- What resources did you have available?
- Why was it important to you back then?
- How did it make you feel? (Feelings wheel?)
- What did you learn?
- What can you apply now to help you?

If you haven't had a successful past experience, then this line of questioning need to shift to include someone you know who has: So something like:

- Who do you respect / look up to who eats clean?
- What can you learn from them?

Tools to help with Overwhelm / Stress / Anxiety:

- Parasympathetic Nervous System: Rest / Digest
- Sympathetic Nervous System: Fight / Flight
- Flip the switch
 - o Mindfulness
 - o Meditation
 - o Breath work (nasal breathing, physiological sigh [Andrew Huberman](#), box breathing)
 - o Navy Seals Reset (breath, visualize, gratitude)

[Insight Timer APP...>>>](#)



INFORMATION:

Eating habits / Behaviors:

1. Serve yourself a portion.
2. Slow down: Activate your Parasympathetic nervous system. This turns on digestion. Take a moment to feel gratitude for the food in front of you. Put your spoon or fork down between bites.
3. Chew your food. Chewing breaks down the food and mixes it with the saliva in your mouth. The saliva has enzymes that help break down complex carbs, starches and fats.
4. Sit down / Sit up (we tend to eat slower, manage portion size better, and chew more thoroughly).
5. Mono task – not multi-task. Mindful eating can help us to slow down: Focus on The 3 T's Taste, Temperature, Texture.
6. Portion size / plate size to prevent over eating.
7. Front loading calories. Eating more in the first half of the day. Eat breakfast like a king, lunch like a nobleman and dinner like a pauper.
8. Eat fiber first (Greens / salad), the protein /fat, and carbs last.
9. If you are eating carbs: make sure you are eating them with some fiber, fat and protein.
10. Proportions.

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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QUESTIONS:

Oil for high heat: Avocado, peanut and sesame oil. They have a high smoking point of 400 degrees and higher. It used to be thought that Olive oil wasn't good for high heat cooking, because it has a lower smoking point, but this seems to have changed. It is now considered chemically stable after exposure to high heat. This issue arises after long duration exposure like 24 hours.

Nano plastics

What are micro plastics and nano plastics?

Small plastic particles first reported in 2004

Where are they found? environment, food chain.

Sources:

Plastic waste: plastic food containers, plastic bags, personal care products. But also, vehicle tire wear, laundry waste water. Plastic fibers from synthetic textiles from lycra, nylon, polyester.

Why are they dangerous?

Pose risks to ecology and toxicity to humans. Some get excreted. Can make their way into blood vessels. They can cross the blood brain barrier. Enter cells and may have consequences for human health. Hormone disrupters. Reproductive abnormalities. Oxidative stress. Gastrointestinal dysfunction.

How do they get in our bodies?

We can inhale them – In the air around us. We can ingest them through Contaminated food and water. Fish. Crustaceans, oysters, mussels, honey, beer, and table salt.

What can we do?

- Reduce Teabag packaging
- Think about consumption of Salt. Seafoods
- Cut down on food being in contact with plastics.
- No plastic drinking bottles.
- Don't warm up food in the plastic containers in the microwave.

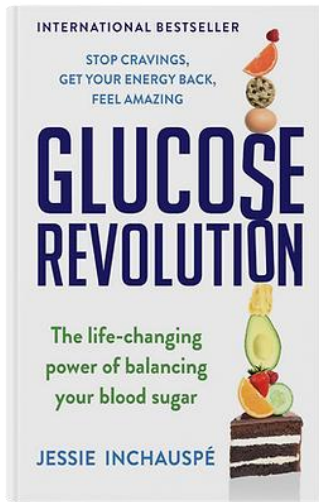
- Limit dishwasher pods and laundry pods.
- Cutting boards: natural rubber boards. Single piece Hardwood (maple, oak, cherry, bamboo). Granite / marble cutting boards. Tempered glass.
- Drinking water: Water filters the filter out PFAs (are long lasting chemicals) and plastics.
- Use plastic free skin care products (<https://www.ewg.org/skindeep/>)

Podcast Resources:

- [Heal Thy Self](#) with Doctor G
- [Fatal Conveniences](#) with Darin Olien

RECIPE RESOURCES

BOOK:



WEBSITE:

Environmental Working Group

- [Skin Deep Database](#)
- [Food-water](#)

RECIPE:



Hummusapien: [Quinoa Stir fry with peanut sauce...>>>](#)

Review: What is your Why?

Why is it important for you to make changes around eating and drinking?

What is one CHANGE you are ready to experiment with?

SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?