

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?
11. Who is a role model / mentor / inspiration for you? Who do you admire and look up to in the wellness / health space?

Session 10 Review:

1. CHECK-IN

2. TOOL BOX:

Appreciative Inquiry: a line of questioning that helps us draw upon successful past experiences.

- When in the past have you had success with eating clean?
- What was different then?
- What set you up for success?

We looked at a way to help with overwhelm / stress and anxiety: and that was to activate your parasympathetic side of our nervous system. There are several ways: mindfulness, meditation, breath work, etc.

3. INFORMATION:

Eating habits / Behaviors: so Not changing what we are eating but how we are eating. The phrase “we are what we eat”, could also be “we are how we eat. Here are 10 things to consider: Sitting down, slowing own, chewing your food, proportions, etc.

4. QUESTIONS:

Oil for high heat: avocado, peanut, sesame oil, and olive oil.

Nano and micro plastics

5. RECIPE RESOURCES

Book, Website, and Recipe.

6. WHY Review: Checked in with what your why is. Why is it important to you to make changes to how and what you eat. 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:



Behavior: Something we do

Habit: Repeated behavior

Routine: is made up of steps or actions to get a job done. Don't always have to break down the steps or actions. They happen.

Ritual: Series of steps, more meaningful where you devote full presence and attention.

Systems: Focusing on the practical / logical steps.

Step 1:

- Pick a day, a time, and a place.

Step 2:

- Tools: recipe ideas, pen and paper

Step 3:

- Framework: calendar / days of the week. When do you need to cook?

Step 4:

- What ingredients do you have in that need using?

Step 5:

- What recipes can use the ingredients? Etc.

INFORMATION:

Emotional Eating:

- Turning to food when we feel certain emotions: sadness, stress, anxiety, lonely, tired, boredom, accomplished (using food as a reward).

- Emotional eating isn't always an issue. It can become problematic when emotional eating happens often, is used as a coping mechanism. You may feel:
 - out of control around certain foods
 - an urge to eat when you're not physically hungry, or urge to eat when you feel powerful emotions.
 - like food calms or rewards you.
 - You lack other ways to cope with feelings

- Although it may feel like a way to cope in those moments, eating doesn't address the true issue. If you're feeling stressed, anxious, bored, lonely, sad, or tired, food won't fix those feelings.

- Seek help

- Worksheet "Break the Chain" to help identify triggers that lead you to eating.

Eating Awareness Worksheet: Break the Chain

Research shows that while our behaviors may seem “spur-of-the-moment”, when it comes to over-eating or junk food snacking the groundwork is laid several hours in advance by our daily rituals, habits, mindset, and automatic thinking. Over-eating / snacking is simply the last link in a long chain. If you can break the first link, you have a much better chance of never getting to the last link.

Our brains like patterns. Many of our thoughts, emotions, and actions actually happen on autopilot. They're parts of sequences our brains know well from years of practice. Those sequences just need triggers in order to take place.

In the presence of a trigger, your brain dictates a given behavior—like stress or emotional eating—without requiring any conscious decision-making on your part. (Food cravings also work the same way.)

The physical sensation of hunger is the most obvious trigger. That stomach-grumbling, slightly shaky, even-Brussels-sprouts-sound-good sensation is one you can trust to tell you it's time to eat.

But stress /emotional eating usually comes after other types of triggers, like certain sights, smells, people, and emotions. For example, you might find yourself hitting the Girl Scout Cookies hard every Saturday afternoon. You're always left wondering how it happened, and why you feel so crappy about it. The process is so automatic you often don't have any idea what's triggering it.

But if you really start paying close attention, you might have an epiphany: 'It's also the time you talk to your mom every week.' Or 'you are getting burnt out on a work project'. Or 'right after a hard-intense session at work'. Mystery solved.

The goal of this exercise is to build awareness of what your eating episodes have in common. Maybe it's a time of day, or a situation, or a type of food, or another person (or being alone), or a feeling – or all of these.

So, here's a crazy idea: Give yourself permission to overeat.

It's going to feel counterintuitive at first. Uncomfortable even.

But view it as a learning experience—a necessary step in the process.

How to try it

Next time you get the urge to stress eat, treat it as an experiment.

Use the worksheet below to document what happens and how you feel before, during, and after.

Important note: **This is a judgement-free zone.**

This process will help you identify triggers, but it'll also start removing—or at least, lessening—any guilt or shame you feel around overeating.

Often, if you're "allowed" to overeat, it suddenly doesn't feel as urgent.

When it's no longer forbidden, the intense craving for a whole box of cookies sometimes turns into a more manageable desire for just one or two.

So try to observe your experience as neutrally as possible. If you're having trouble, imagine you're a scientist collecting data on someone else.

Describe in as much detail as possible what you are experiencing, or remember experiencing, at each stage. Then go back and review. Look for common features. Look at the steps you took. This helps you build understanding of the process, which you can then use to disrupt these patterns. For instance, if you habitually over-eat in your kitchen at 6 pm when stressed, then figure out strategies to deal with a stressed dinner hour before it happens – as far in advance as possible. If you habitually think certain thoughts beforehand (e.g., "I'm a failure", "This will make me feel better", etc.) then come up with ways to respond to those thoughts before they hit you.

Complete this worksheet every time you have an episode of over-eating/snacking. Be honest and thorough. You are collecting data so that you can analyze your own patterns and eventually develop strategies to deal with them.

Afterward, review the worksheet. What do you notice?

Are there any patterns or 'aha' moments that stick out to you?

Maybe you notice you head for the snack cupboard right after getting off a stressful, two-hour-long conference call.

And you realize you've been doing that almost every day for... weeks.

It's possible you'll have to do this experiment a few times before the trigger(s) becomes obvious. That's okay.

If this happens, do your best not to obsess about the decision to eat or not eat.

Instead, try to focus on learning more about your own behavior, and keep your worksheet notes handy so you can add to them as needed.

Once you're aware of the trigger, decide what to do about it.

If it's something you can avoid, great. (If the smell of baking cookies is too much for you to handle, you could take a break from baking for a while.)

If your trigger *isn't* something you can change or avoid, sometimes just being aware that you're experiencing a trigger can help. That'll signal it's time for strategy #2.

1. In the 1-2 hours beforehand:

- What are you doing?

- What are you thinking?

- What are you feeling, emotionally?

- What are you feeling, physically?

- Where are you?

- What time is it?

- Who's with you?

2. Immediately beforehand:

- What are you doing?

- What are you thinking?

- What are you feeling, emotionally?

- What are you feeling, physically?

- Where are you?

- Who's with you?

3. In the middle of it:

- What are you doing?

- What are you thinking?

- What are you feeling, emotionally?

- What are you feeling, physically?

- What are you choosing to consume?

- Why are you choosing this particular food(s)?

- Where are you?

- Who's with you?

. Afterwards:

- What are you doing?

- What are you thinking?

- What are you feeling, emotionally?

- What are you feeling, physically?

- Where are you?

- Who's with you?

Are there any patterns?

Look at your data. Are there any patterns between your food and eating choices, and what happened earlier? (It's OK if not. Just fill in what you can observe, for now.)

I notice that...

I'm curious about...

Break the chain

Make note of any possible solutions. How could you disrupt these patterns you noticed?

For example... "OK, I'm going to go for a workout after I talk to mom, to get some of that energy out," OR "I'm going to mark my PMS days on the calendar so I know about them in advance."

Hint: it's OK if you don't see solutions right now. The most important thing is to become more aware of how feelings, thoughts, and situations can affect your choices.

Possible steps I could take to change my behaviors or "break the links":

- 1.
- 2.
- 3.

Finding other ways to Cope:

Once you have more information about the emotions, situations, or thoughts that can trigger eating, you can create a plan to experiment with other ways to help you cope. Sometimes just changing the scene helps and moving away from temptations. Other coping strategies:

- Exercise
- Getting outside
- Meditation / prayer
- Social connections
- Sense of purpose
- Finding joy / laughter / play
- Volunteer
- Music / art

If you notice you eat when you're bored, consider ways to [manage your boredom](#).

If you notice that you always eat when you feel stressed, it's the stress that needs attention. Think about some things you can do to better [relieve your stress](#).

Intuitive Eating (IE)

IE is a Science backed methodology that challenges diet culture and its food rules.

IE focuses on nourishing and creating healthy relationships with food. And it's about relearning the physical cues that have been ignored by most diet plans. IE is a process to learn how to listen and trust body. To undo diet process. IE is not a new approach. Been around for 20 years.

IE helps us to have a relationship with food that feels like freedom without the guilt and self-doubt.

We were born as intuitive eaters. Diet culture has messed with this.

10 principles of IE:

1. Reject Diet Mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Discover the satisfaction factor
6. Feel your fullness
7. Cope with your emotions with kindness
8. Respect your body
9. Movement
10. Honor your health with gentle nutrition

[Best IE podcasts...>>>](#)

QUESTIONS:

Cleaning out the Pantry / fridge / freezer

- Remove food that don't meet your guidelines. (donate, compost)
- Stock up on foods that do meet your guidelines

- Unsure of your guidelines? Make a list of your red, yellow and green light foods.

Everyone's red, yellow, and green lists will be different.

Here's how to identify yours:

Red light foods = "no go" foods. These are foods that present such a difficult challenge for you that they just aren't worth the struggle. Red light foods may not work for you because:

- They don't help you achieve your goals
- You always overeat them
- You're allergic to them
- You can't easily digest them
- You just don't like them

Ultra-processed foods often fall into this category.

Yellow light foods = "slow down" foods. Maybe you can eat a little bit of these and stop, or you can eat them sanely at a restaurant with others, but not at home alone.

Green light foods = anytime foods. They're nutritious and make your body and mind feel good. You can eat them normally, slowly, and in reasonable amounts. Whole foods usually make up most of this list.

Cookware:

- Stainless Steel
- cast iron,
- Enameled cast iron.
- Glass and ceramic.

Chopping boards:

- natural rubber boards.
- Single piece Hardwood (maple, oak, cherry, bamboo).
- Granite / marble cutting boards.
- Tempered glass.
- Wooden boards. Oil from time to time. Food safe finish such as 100% tung oil (not tung finish)

Spoons: wood (how have they been treated?) or silicone rather than plastic.

Wood: Bare wood. Treat periodically with safe oil.

No non-stick PTFE / Teflon or plastic around high heat

Ceramic coating cook ware is less durable than 100% ceramic cookware. Contain nanoparticles.

Be aware that many appliances have Teflon non-stick:

- Rice cooker
- Air fryer

Plastic colander / mixing bowls:

- Stainless steel
- Ceramic bowls

Food storage:

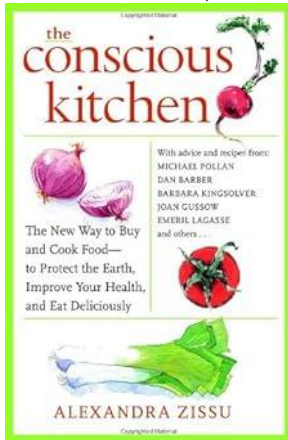
- Glass with plastic lids.

RECIPE RESOURCES

BOOK:

[The Conscious Kitchen](#): The new way to buy and cook food, to protect the Earth, improve your health and Eat Deliciously by Alexandra Zissu

(Planet Home: Conscious Choices for Cleaning and Greening the world you care about most.)



WEBSITE:

Health Line on [Emotional Eating](#)
10 principles of [Intuitive Eating](#)

RECIPE:



[Butternut Squash Chipotle Chili by Cookie and Kate.](#)

I do the following substitutions:

- Sweet pot for butternut squash
- For added protein: add ground meat or crumbled tofu or tempeh.
- Added fiber add spinach or kale.
- Buy a can of chipotle pepper in adobo. I use 1 tbsp. Then freeze the rest in an ice cube tray for later use.
- More carbs: add quinoa. cook

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?