

You are how you eat: The use of mindful eating skills in the prevention of obesity and eating disorders

Dr Naomi Crafti

Education Officer, Eating Disorders Foundation of Victoria

**naomi.crafti@eatingdisorders.org.au
(03) 9885 6563 (ext.806)**

Mindfully Eating a Sultana

A little practice

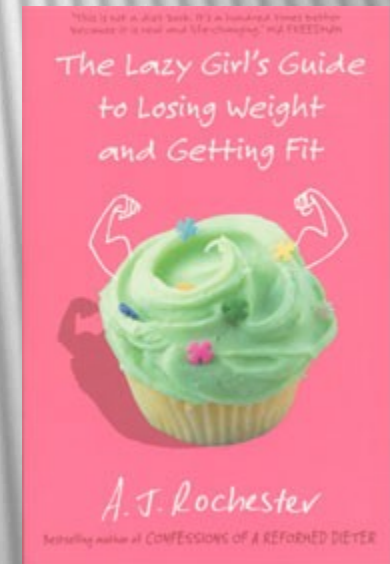
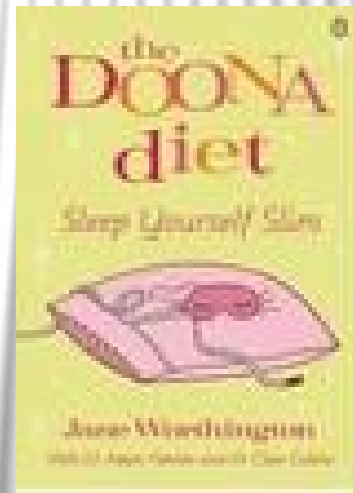
Normal Eating

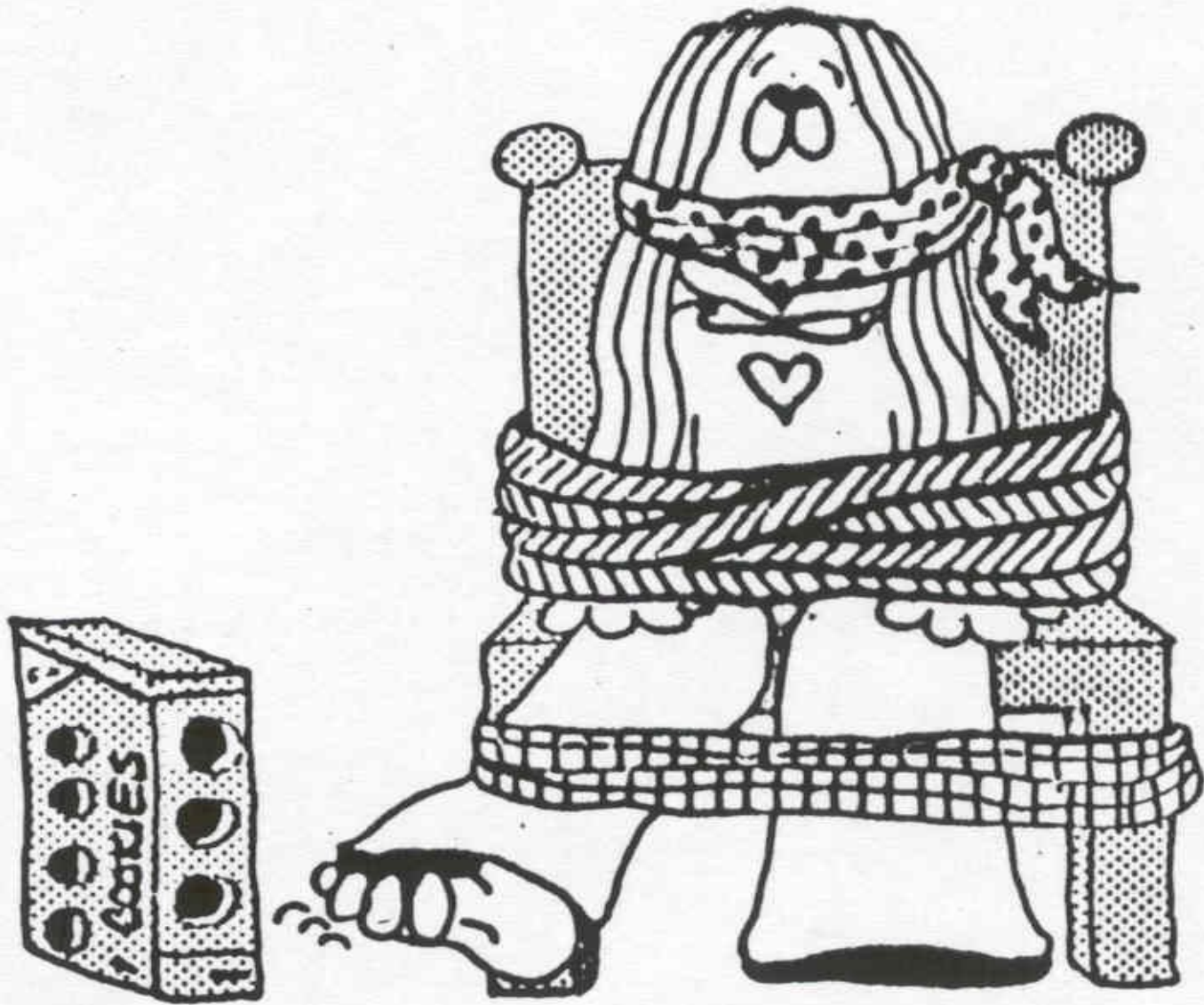
Eating and enjoying a wide variety of foods in a relaxed and flexible manner, and in a way that allows response to the body's internal signals of hunger and satiety.

Mindfulness is a technique that helps people with disordered eating behaviour to eat 'normally'



Mindful Eating is NOT a diet!!!!!!





Please God - If you can't
make me thin

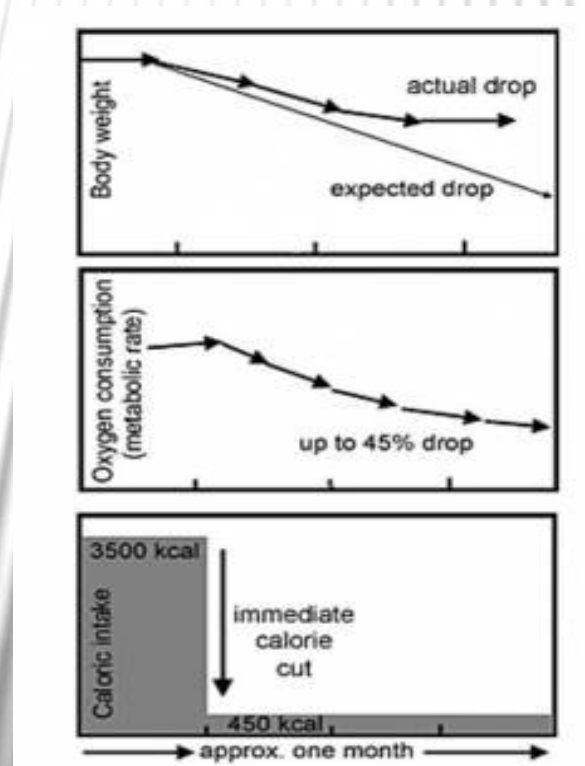


make my friends fat!!

Seen at Watchersweb.com

Why Diets Don't Work

▯ Famine Response (1969 Study)



Diets are Dangerous!

- Greatest risk factor for the development of an eating disorder.
- Yo-Yo dieting increases health risks.
- Hunger → Binge Eating
- Dieting → bad breath, fatigue, headaches/cramps, constipation, insomnia, osteoporosis.
- Impact on heart, nervous system, etc.
- Diets disconnect us from our body and our life.

“ Mindfulness ... moment to moment non-judgmental awareness cultivated by paying attention.”

Jon Kabat-Zinn

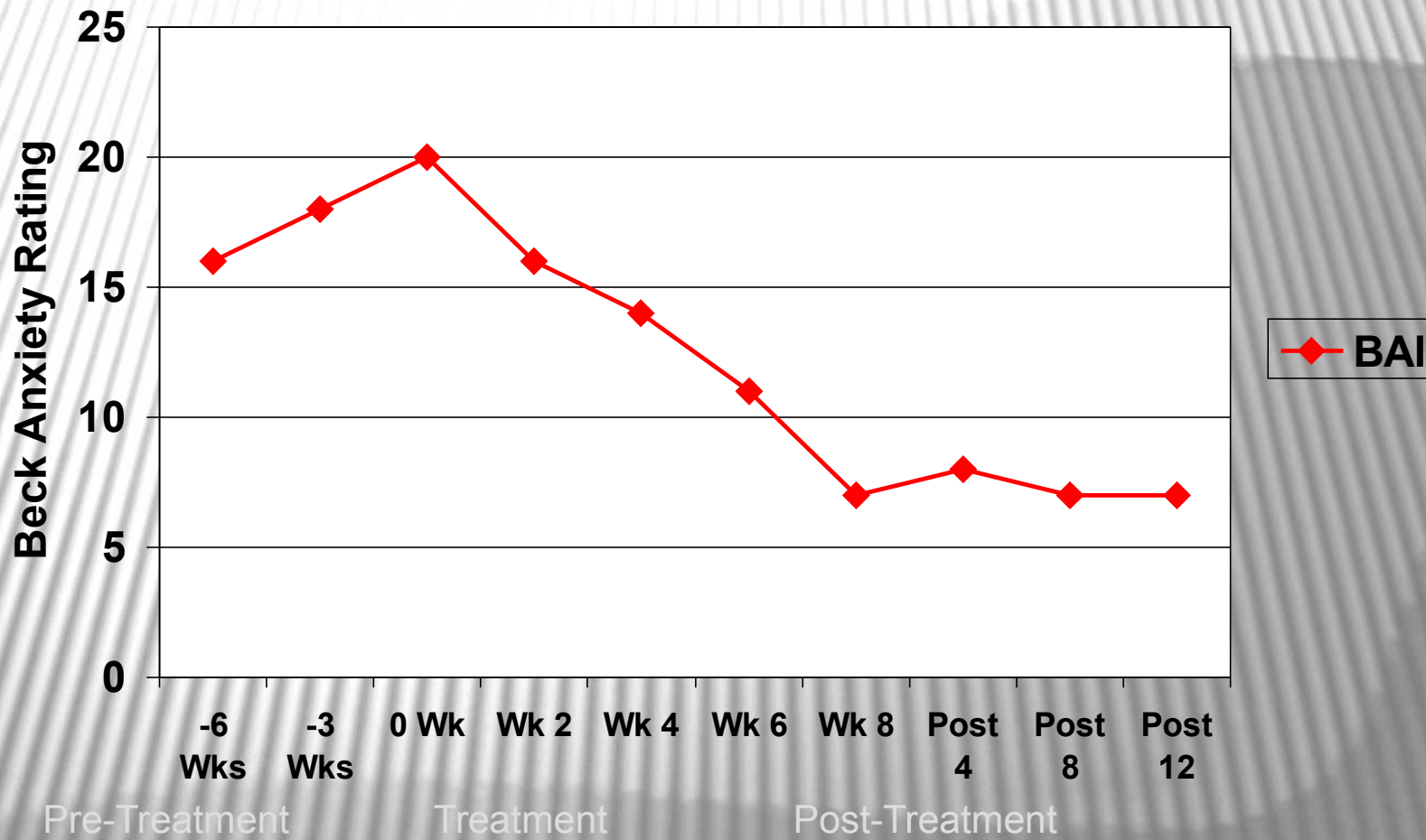
Jon Kabat-Zinn - *Mindfulness Based Stress Reduction (1979)*

Full Catastrophe Living (1990)

U. Of Massachusetts Medical Centre

Relieve Stress, pain and chronic illness

Mindfulness Meditation and Treatment of Anxiety Disorders



Kabat-Zinn, Massion, Kristeller et al. (1992). *Am. J. Psychiatry*

Setting up a Mindfulness Practice

- Different Exercises / ways of practising mindfulness:
 - Breathing
 - Body Awareness / Body Scan
 - Tapes
 - Doing the dishes/chores
 - Shower/cleaning teeth
 - Walking / Exercising / Yoga
 - Driving (not with eyes closed!)
 - Eating

Mindful Eating is:

- Being aware of the positive and nurturing opportunities of food preparation and consumption.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savour and taste.
- Acknowledging responses to food without judgement.
- Learning to be aware of physical hunger and satiety cues to guide decisions to start and stop eating.

MINDFUL EATING

“When You wake up in the morning, Pooh,” said Piglet at last, “what’s the first thing you say To Yourself?”

“What’s for breakfast?” said Pooh.

“What do *you* say, Piglet?”

“I say, I wonder what’s going to happen exciting today?” said Piglet.

Pooh nodded thoughtfully.

“It’s the same thing,” he said.

-A. A. Milne, Winnie-the-Pooh



Mindful Eating

- **Stop**

- **Breathe**

- **Reflect**

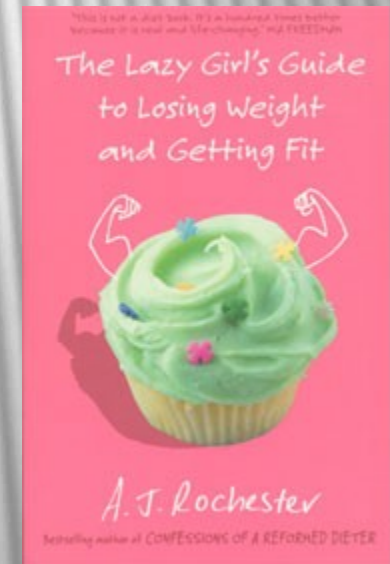
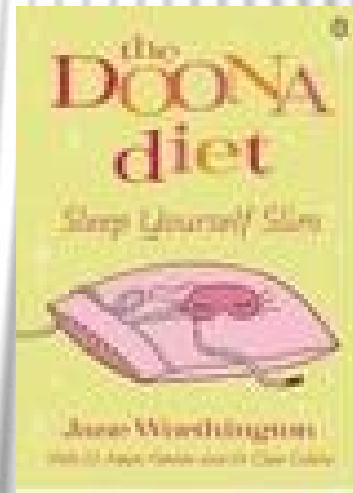
- ✓ “Am I hungry?”

- ✓ “Why this food?”

- ✓ “Is this what I really need / want?”

- **Choose**

Mindful Eating is NOT a diet!!!!!!



Discover Satisfaction



- Ask Yourself What You Really Want to Eat.
- Savor Your Food
- Eat When Gently Hungry Rather than Over Hungry
- Eat in a Pleasant Environment
- Check in and Stop When You're Satisfied

Mindful Eating includes:

- ▮ Mindful shopping
- ▮ Mindful food preparation
- ▮ Mindful presentation of food
- ▮ Eating
- ▮ Enjoying a sense of fullness and energy
- ▮ Not thinking about food/eating!

“Enjoy life to the fullest. Remember all of those women on the Titanic who waved off the desert cart.”

- Irma Bombeck -



Further contacts

Eating Disorders Helpline:

1300 550 236

Email:

help@eatingdisorders.org.au

Website:

www.eatingdisorders.org.au

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When you find bliss, savor it.