

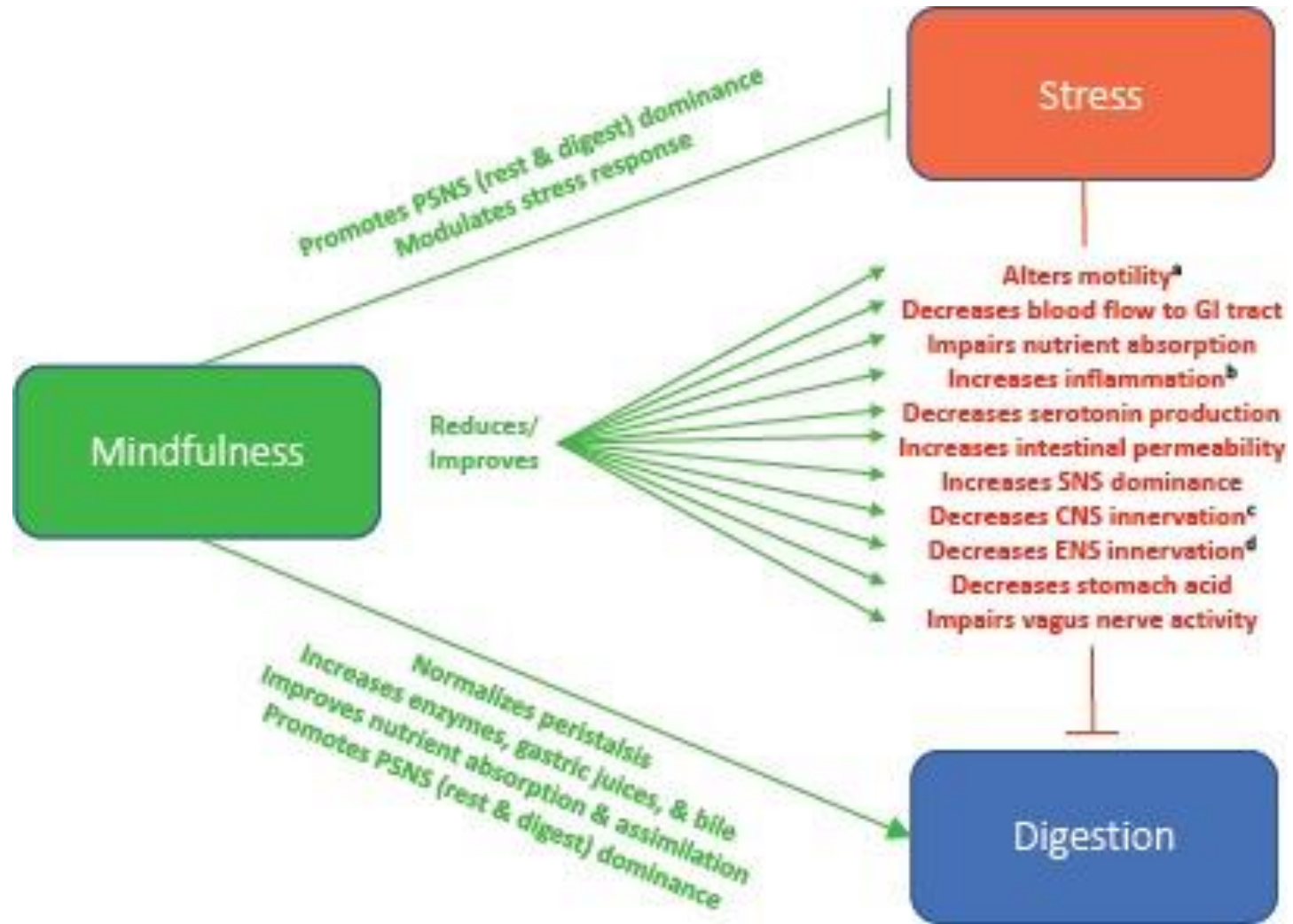


WOMEN'S WELLNESS:
FOOD, BODY, HORMONES
Week THREE

BUILDING A BETTER RELATIONSHIP
WITH FOOD

Cathy Houghton

Women's Health, Food & Movement Coach



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7219460/>

Mindful Eating

www.eatingmindfully.com



Susan Albers PsyD @2014 www.eatingmindfully.com

How is your mindful eating?

1. Draw your plate
2. Any surprises?
3. What seems like a priority for you?
4. Where can you make the easiest change with the biggest benefit?

Some types of unhelpful eating patterns

Practical – time, environment,

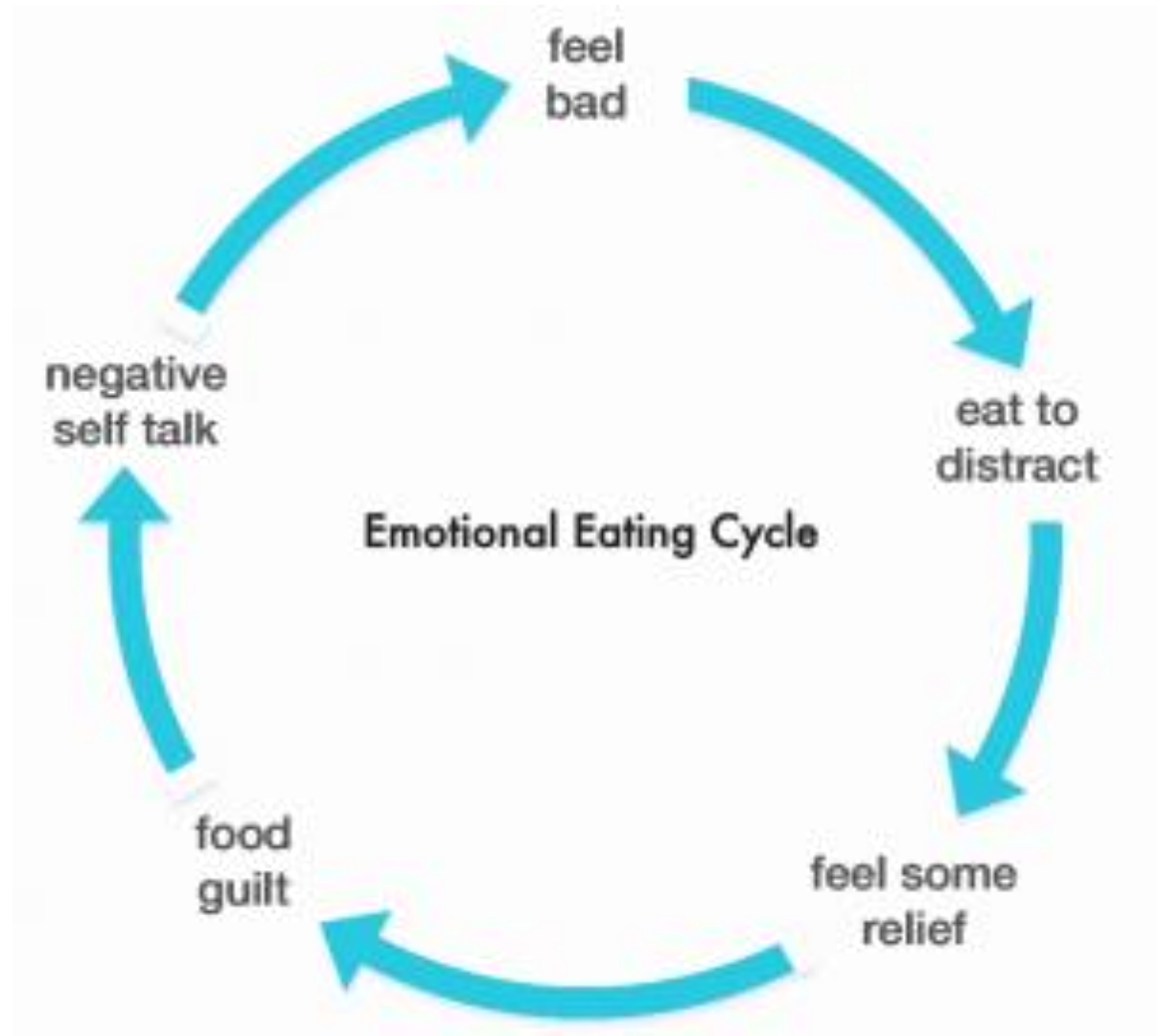
Emotional / Stress

Other people's impact

History of yo-yo dieting

Habits

Focus on Emotional / Stress Eating



Emotional overeating – how to start to change

- Identifying emotions
- The mind body connection
- Sitting with negative emotions
- Finding other ways to cope – self soothing
- Doesn't need to be complicated
- Take the guilt away

What is going on?	What am I thinking?	What am I feeling?	What could help me?
Argument	'It's not my fault'	Angry, let down	Someone to rant to
Evening overeating	'deserve a treat'	Weary, need reward/ comfort	Self-care for body Enough food in day
Grazing at desk all day	'putting off ...'	Dread, fear of imperfection	Lower expectations Brain food Movement
Put on weight	'blown it' 'people looking'	Embarrassed, ashamed, body hatred	Something happy Nourished foods