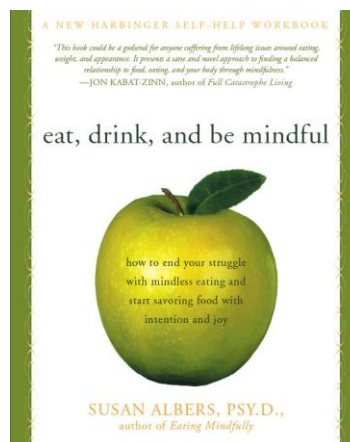




Eat, Drink & Be Mindful™

Mindful Eating Group Summary

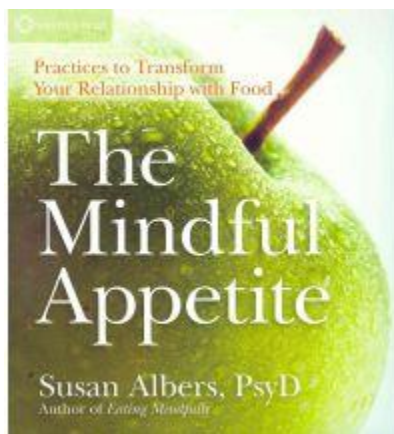
This is a basic overview for a 10 week mindful eating group based on the workbook, *Eat, Drink & Be Mindful* by Susan Albers



This is for *licensed mental health professionals*. This is a *support group, not psychological treatment*.

Week 1: In the First Session

- Introductions
- Discuss who this group is for (emotional eaters, mindless eaters, people who want to eat healthier, binge eaters etc).
- Group rules/guidelines/boundaries
- Benefits of mindful eating (p.2)
- Optional Assessments: For example: EAT-26 <http://www.eat-26.com/downloads.php> or other measures. Or, you can also create your own pre-post-test.
- Overview of mindfulness & mindful eating. What is mindfulness? What is mindful eating? Describe ways in which you can be mindful and mindless in everyday life (driving, walking, talking, eating). (Supplement: Exercises from the book, Search Inside Yourself <http://www.youtube.com/watch?v=r8fcqrNO7so>)
- Ted Talk on the importance of mindfulness <http://marc.ucla.edu/body.cfm?id=100>
- In session: Mindfulness Quiz p.14.
- Homework: Read Chapter 1 & 2.

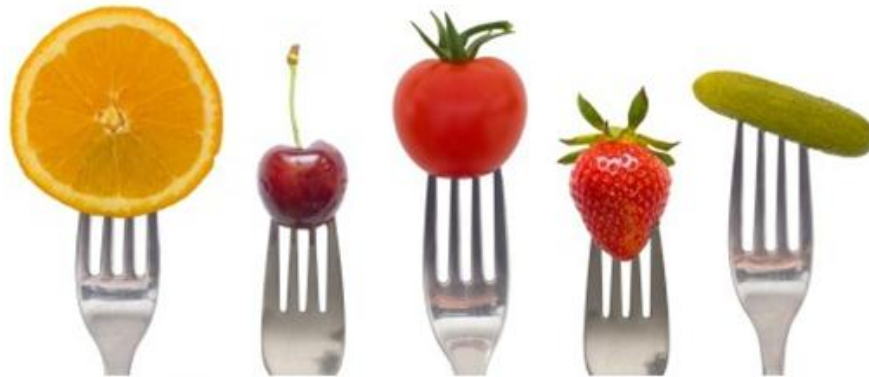


If you would like audio/meditations try The Mindful Appetite

Dr. Albers talking about mindfulness <http://www.youtube.com/watch?v=NvYtVMgXPec>

Week 2:

- Mindfulness Meditation from book or download to begin the group. Free Meditations/Downloads <http://marc.ucla.edu/body.cfm?id=22>
- Review Homework: Question: *How does mindfulness play a part in other aspects of your life besides eating?*
- Discuss Chapter 2. Explain the Seven Skills of a Mindful Eater (awareness, observation, being in-the-moment, being mindful of the environment, non-judgment, letting go, acceptance.
- Discuss: what happens to your thoughts, mood, body when you are underfed.
- In Session: p. 26-30 (checklist of skills)
- Homework: Journal about one the seven skill. Read Chapter 3& 4, complete self-assessments.



10 Mindful Eating Questions

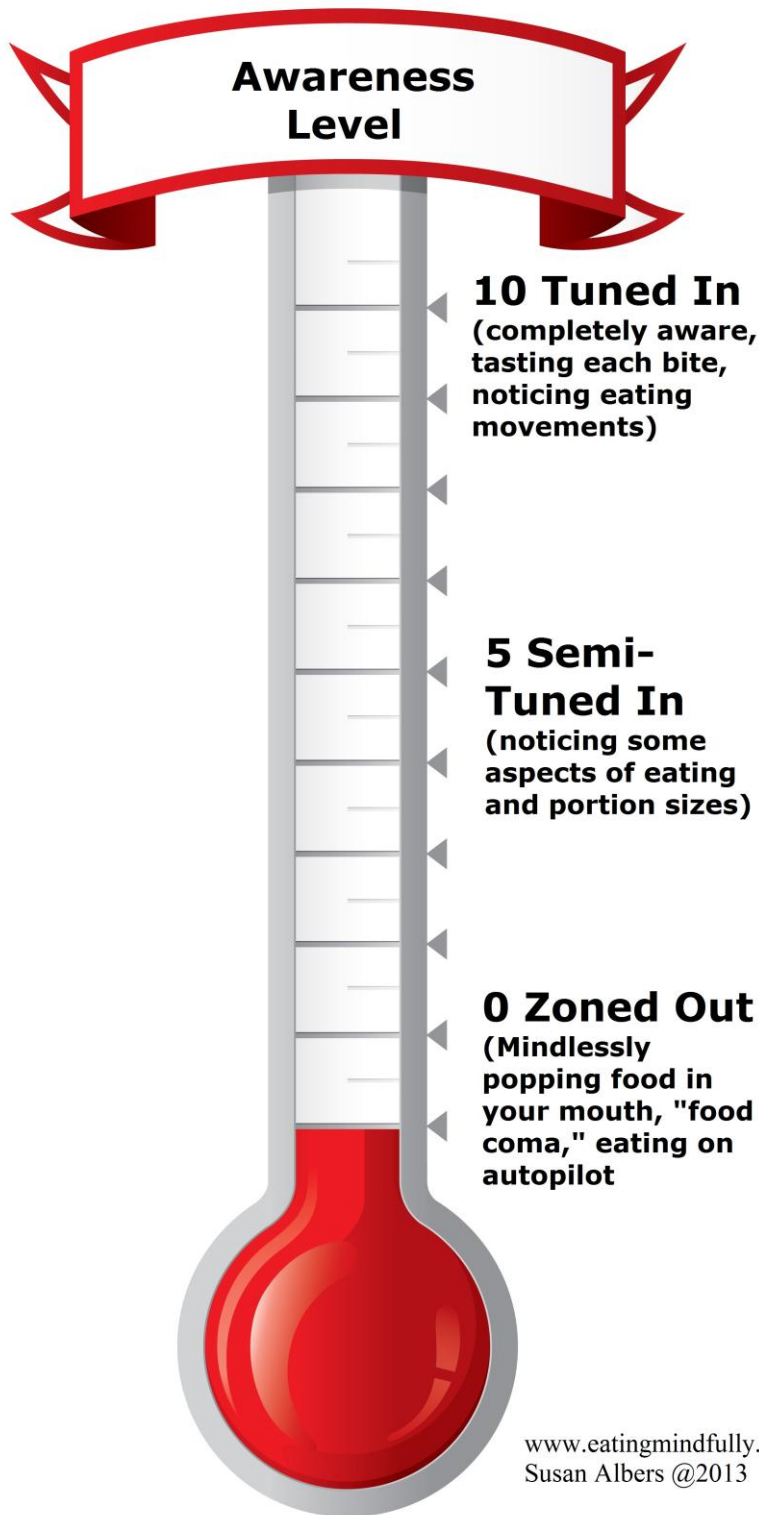
Ask yourself: Do I tend to:

1. Stop eating when I am full
2. Eat when I am hungry rather than emotional
3. Not "pick" at food
4. Taste each bite before reaching for the next
5. Think about how nourishing food is for my body
6. Be nonjudgmental of myself and when I accidentally overeat
7. Not multitask while I eat. When I eat, I just eat
8. Be able to leave some food on my plate if I don't want it
9. Eat slowly, chewing each bite
10. Recognize when I slip into mindless eating (zoned out, popping food into my mouth)

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Week 3:

- Review Homework
- In Session: Mindful eating exercise with pretzel, orange and/or chocolate p. 75 & 76.
- Other option is an apple taste test. Cut up several different types of apples and place one slice of each on a piece of paper. Have participants rank order which apples they like best (this exercise is outlined in my book, *Eating Mindfully* 2nd edition).
- Discuss awareness, awareness shifts in eating situations, range of awareness, eating triggers p. 79
- Discuss the 4 Foundations of Mindfulness p. 67
- Hand out hunger scale and discuss
- Homework:
 - Complete mindful food diary p. 70 or Mindful eating app
 - Read chapter five.
 - Write down trigger foods 79-80.
 - Copy p. 81 and hang up in an easy to see location (on desk, mirror etc).



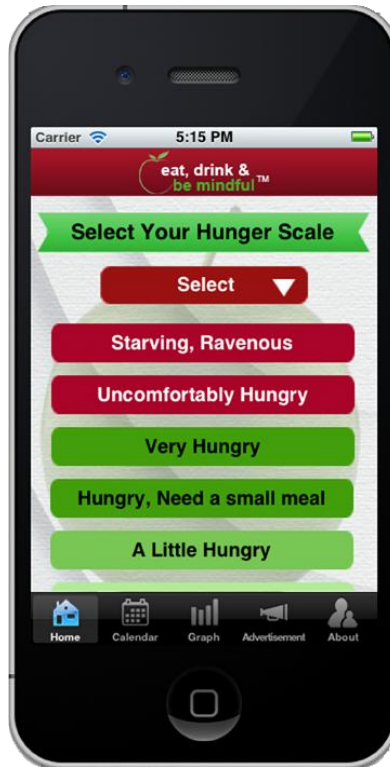
Mindful Eating

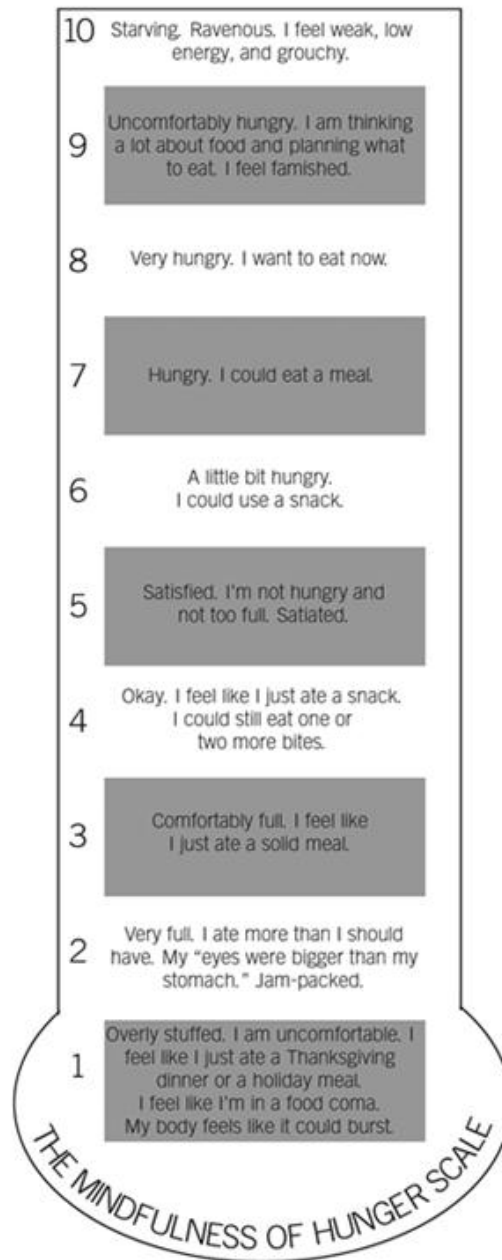
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Homework: If you have an iphone or ipad, download the Mindful Eating App. Record your level of hunger before and after you eat. Or, if you don't have an iphone, complete a paper/pencil version on p. 70





Week 4:

- Review Homework.
- In session: Breathing exercise (UCLA download)
<http://marc.ucla.edu/body.cfm?id=22>
- Discuss p. 88 & 101 (get in touch with internal cues, discuss internal and external cues to stopping and starting eating).
- Try a group Yoga exercise (discuss why yoga helps you to be a more mindful eater (be in touch with your internal cues, the same cues you need to know when you are hungry and full)).
- Discuss difference between removing hunger and fullness.
- Homework, p. 104 & read Chapter 6



Awareness Checklist

- Am I sitting?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

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Homework:

Write down several strategies for slowing down and enjoying your food.

Week 5:

- Review Homework.
- Discuss autopilot, multitasking and how distraction impact your eating
- In session: p. 110 Food Rules, & p. 111. Discuss feeling triggers, being in the moment.
- Discuss ideas from *50 Ways to Soothe Yourself Without Food* by Susan Albers PsyD
- Homework:
 - Stress management p. 118-122
 - Read Chapter 7
 - Complete handout of My Top Ten Soothers

My Top Ten List of Self-Soothers

1)

2)

3)

4)

5)

6)

7)

Week 6:

- Review Homework
- Examples of triggers in the environment (show examples of ads from magazines that promote mindless eating, packaging, etc.
- Clips from movies http://www.huffingtonpost.com/dr-susan-albers/movie-therapy-for-mindles_b_439959.html
- Media, shopping, specific foods. Bring in foods and read the nutrition labels. Discuss as a group ideas for mindful shopping.
- Mindful Speech, Responding rather than reacting to the environment. (example, how to handle when people talk about dieting).
- Homework: p. 138 & Read Chapter 8.



Mindful Meal Planning



- Write Down 3 Meals
- Identify 3 Snack Options
- Review Recipes
- Go Shopping for Supplies
- Cut up/Chop Ingredients
- Pack Snacks in Bag
- Take Out Pans/Wash Dishes
- Put Away Mindless Foods
- Portion out Small Treat/Dessert
- Fill Water Bottles
- Set Coffee Pot/Tea Pot
- Choose Restaurant
- Review Menu Online
- Set Meal Budget



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Week 7:

- Review Homework
- Discuss the inner critic. Role play of mindful vs. mindless voice. Discuss self-sabotage, p.154.
- In session: p. 144-146
- Homework: Mindful Thinking p. 150 & Read Chapter 9

Homework: Listen to your thoughts, fill in examples of your mindful and mindless thinking

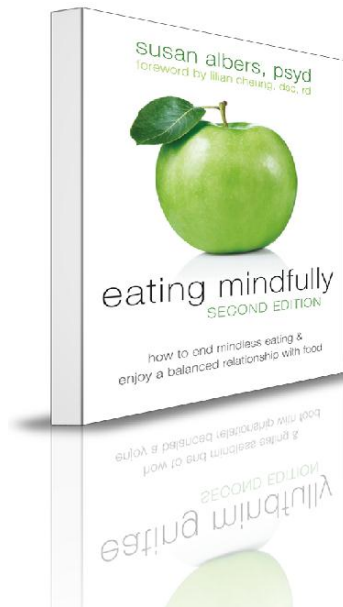
Mindful Thinking

Mindless Thinking



Homework: Choose a Mindful Mantra

Mantras are a sound, word, or sentence that is repeated as a way to help calm your mind and create inner change. It's an ancient technique. Mantras include intentionally and mindfully placing your thoughts in a particular direction. From a psychological perspective, we know that thoughts impact behavior. Saying a mantra to yourself is like aiming the direction of an arrow. Your challenge today is to choose a mantra that fits for you and repeat it to yourself before you eat.



"The key to changing the way you eat is not discipline over what is on your fork, but mastery over your hungry mind"

-Susan Albers PsyD
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Examples:

1. "What you think you become." - Buddha
2. "Be the change you wish to see in the world." – Gandhi
3. "Every day in every way I'm getting better and better." – Laura Silva
4. "I change my thoughts, I change my world." – Norman Vincent Peale

My Mantra:

Week 8:

- Review Homework
- Discuss Letting-Go. What do you hold onto and have difficulty letting go of (ex. a relationship that doesn't work, urges to eat etc).
- Discuss Control vs. being in charge.
- Discuss responding rather than reacting to urges p.166-167.
- Homework: Urges p. 168 and read Chapter 10.

Week 9:

- Review Homework
- Discuss acceptance of hunger, body, stress.
- Discuss what is difficult for you to accept (relationship ending, your body as it is, etc).
- Write your own affirmations p. 177
- Group Exercise: p. 174 and p. 175.
- Homework: Acceptance p. 172 & Read Chapter 11.



To Thine Own
Body Be True

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Week 10:

- Review Homework. Review & Mindful Relapse Prevention.
 - **Discuss** making a commitment to keeping mindful eating present in your life. Choose one of the following.
- Set your phone alarm to ring before meals to remind you to tune in and be present while you eat.
 - Review the previous marathon emails once a week.
 - Commit to another week of mindful eating on your own.
 - Choose one day a week to pay special attention to your eating and focus on nourishing foods (Mindful Mondays—for example). Write this on your calendar.
 - Join with others. Establish a group to do your own ½ marathon.
 - Tell one other person that you are eating mindfully (telling someone makes you more likely to complete a goal according to research).
 - Pass along one mindful eating tip to someone else.
 - Obtain additional resources on mindful eating.

Review learning goals

Pre-Post test (if you gave one).

Discuss “take home” points. Ask each group members what they will take from this group and use.

Mindful Eating-O-Meter

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Fill in your own triggers and mindful eating meter



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MINDFUL EATING ARTICLES

Eating Disorders: The Journal of Treatment & Prevention Volume, 19 (1), 2001, Special Issue: Eating Disorders & Mindfulness

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Journal of the American Dietetic Association, Vol. 108 (9), pp. A37

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Books (www.gurze.net or www.amazon.com)

Eating Mindfully (Albers)

Eat, Drink & Be Mindful Workbook (Albers)

Mindful Eating 101: How to Eat Mindfully in College (Albers)

50 Ways to Soothe Yourself Without Food (Albers)

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But, I Deserve This Chocolate (Albers)

Savor: Mindful Eating, Mindful Life (Thich Nhat Hanh and Lilian Cheung)

Mindless Eating by (Brian Wansink)

Mindful Eating by (Jan Chozen Bays)

Essential Reading for Therapists who want to run this group: Eating Disorders: The Journal of Treatment & Prevention Volume, 19 (1), 2011, Special Issue: Eating Disorders & Mindfulness

Eating Disorder Resources

www.edreferral.com

www.aedweb.org

<http://www.iaedp.com/>

www.renfrew.org