

WellNow!

Better health for everybody

Session 2:

Mood and food - Part one

Why do we eat when we're not physically hungry?

- to soothe or comfort ourselves
- misread emotions
- tired
- thirsty
- 'out of sorts' or unwell
- need a pick-me-up [also see New Deal later]
- to ground ourselves



How can we avoid getting too hungry?

- plan to eat/ cook/ shop (this involves taking our needs seriously)
- carry snacks
- timetable a hunger check-in
- try some time structure if we are chaotic eaters and want to change
- notice links between our eating and change in moods, energy level, digestive comfort

The 'Hunger-o-metre'

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- Ravenous
- Tired
- Shaky
- Weak
- Nauseous
- Can't concentrate
- Safe
- In control



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- Fit to burst
- Stuffed
- Sick
- Uncomfortable
- Guilty
- Ashamed
- Out of control
- Safe



What am I hungry for?

If you are hungry for food is it:

- Hot / cold / chilled
- Sweet / salty / spicy / bitter
- Crunchy / chewy / crisp / juicy
- Savoury / fruity / creamy / cheesy
- A shared meal
- Something new or familiar

Plus:

- How hungry are you right now?
- How hungry do you want to be after eating?

Please turn over >>>

Fancy that!

Legitimising (allowing all) foods means saying it's ok to eat and enjoy any food we fancy.

It's the opposite of food rules that say you can only eat a certain amount of this, or only use low-fat spread, or small portions.

Legitimising foods give us agency (a sense of our own power) in our eating and supports us in making choices that match our needs.



What am I hungry for it?

If the hunger is not for food – can you identify what you need?

- What am I feeling?
- What can I do/think to make me feel better?
- How can I look after myself right now?
- What do I fancy from my Choicest Options (comfort menu?)

Chill out

Discuss what happened



Choicest Options List

- Go for a walk
- Arrange to meet a friend tomorrow
- Give myself a pedicure
- Listen to music
- Meditate
- Watch a comedy instead of soaps/news
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