# Session 3 Feelings, Sensations and Emotions Vocabulary

|  |  |  |
| --- | --- | --- |
| **Angry**  aggravated  annoyed  defiant  disgusted  enraged  exasperated  frustrated  furious  hateful  hostile  indignant  mad  obstinate  outraged  perturbed  peeved  pissed off  rebellious  seething  spiteful  surly  upset  vengeful  blood boiling  hot under the collar  **Loving**  affectionate  aroused  caring  devoted  intimate  tender  warm  loved  supported  appreciated  valued  respected  trusted  trusting  trustworthy | **Ashamed**  apologetic  embarrassed  foolish  guilty  humble  idiotic  mortified  regretful  remorseful  shameful  worthless  red faced  **Confident**  bold  capable  centred  eager  energetic  focused  grounded  hopeful  inspired  keen  optimistic  powerful  productive  **Happy**  amused  cheerful  delightful  ecstatic  elated  excited  exuberant  gleeful  high  joyful  mischievous  warm  glowing  light-hearted | **Hurt**  abandoned  abused  attacked  belittled  bitter  cheated  disappointed  dismayed  grieving  gypped  humiliated  let down  betrayed  mournful  sorrowful  rejected  resentful  **Sad**  despondent  depressed  dismal  low  melancholy  gloomy  miserable  weepy  fragile  dark mood  **Confused**  baffled  befuddled  bewildered  disoriented  flustered  perplexed  puzzled  scattered  troubled  flummoxed  muddled  out-of-sorts |

**Satisfied**

adequate

content

mellow

peaceful

replete

tranquil

heartened

**Scared**

afraid

alarmed

fearful

frightened

horrified

hysterical

insecure

intimidated

nervous

panicky

petrified

terrified

threatened

vulnerable

dirty

dishevelled

discombobulated

neck hairs standing

**Surprised**

aghast

amazed

astonished

astounded

incredulous

shocked

startled

knocked for six

**Uncaring**

ambivalent

apathetic

bored

busy

detached

exhausted

indifferent

fake

**Thankful**

appreciative

grateful

gratified

indebted

obliged

relieved

content

glowing

glad

smiling inside

**Thoughtful**

challenged

curious

illuminated

informed

engaged

interested

pensive

reflective

eyebrows meeting

**Uncertain**

cynical

doubtful

dubious

distrustful

hesitant

indecisive

pessimistic

sceptical

suspicious

unsure

unsettled

**Wanting**

empty

envious

homesick

hungry

ignored

jealous

lonely

longing

lustful

**Weak**

inadequate

burdened

controlled

despairing

discouraged

helpless

hopeless

impotent

inhibited

lost

passive

powerless

restricted

trapped

suicidal

**Worried**

agitated

anxious

bothered

restless

tense

uneasy

unsettled

gullible

**Body Talk**

agitated

cold feet

spaced out

frisky

hot under the collar

butterflies in the stomach

sexy

under my skin

bright eyed

on my nerves

present

connected

…

…

…

# Session 3 – To Go : ideas to continue your reflection -

Apart from eating, how else do you comfort yourself?

Do you think other people’s attitudes to you influence your eating?

How much do childhood habits, rules, behaviours influence your eating now?

If you were your own best friend overhearing your comments about your eating/weight what would you say to yourself?

## 3generations.jpgCan you finish the sentences:

One thing I’m going to do differently is …..

My strongest feeling in relation to this issue is …

It was helpful to hear …..

I was glad to have the chance to think/talk through …

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# Session 4 - To Go

## Mind Web of my Well Now Journey So Far



## **Session 5 – Hydration** - Print on card or address labels.

|  |  |  |
| --- | --- | --- |
| helps maintain body temperature | protects oral hygiene | improves cognitive performance |
| decreased risk of heart disease | falls prevention (reduces fainting) | prevents urinary tract infection |
| prevents constipation | prevents kidney and gall stones | healthy skin and spine |
| optimise sporting performance | headache | dizziness |
| light headedness | tiredness | weakness |
| sluggishness, no get up and go | increased risk of infection | impaired kidney function |
| damage to liver, joints, spine, muscles | constipation | decreased exercise tolerance |
| confusion/ difficulty concentrating | sleepiness | impaired mental performance & coordination |

# Session 5 – Fish is the Dish

**type of eating occasion ………………………………………………….**

**meal idea ………………………………………………………………………**

**type of eating occasion ………………………………………………….**

**meal idea ………………………………………………………………………**

**type of eating occasion ………………………………………………….**

**meal idea …………………………………………………………………………**

**MEALS WITH NON-FISH SOURCES OF PRE-OMEGA 3**

* **.**
* **.**
* **.**
* 

# Session 5 Piecing it Together - Vitamins and Minerals

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# Session 5 - Beyond nutrients

The course lends itself to linguistic learners as there are so many words, words , words. We want to appeal to visual and spatial learners too. Can you find dolls to represent the matrons and a few children, and draw 2 orphanages, using this set up to illustrate the story? Alternatively you can cut out the pictures here and draw the orphanages on the flip chart paper, using blu-tac to move people around and draw in rations.









# Session 5 - To Go

What considerations come towards the top of the list for you when making food choices? How does what you eat reflect what you value?

Picture a meal/eating occasion you really enjoyed. What made it so special for you? What feelings are evoked when you think back? How can you recreate some of those feelings?

Look out for nutrition messages during the week. Are there any that sound suspect to you? How does it make you feel when you hear them? What can you learn from your response?



Draw a time-line noting when you introduced new foods to your cupboard or started experimenting when eating out. Can you identify where any ‘food fashions’ influenced your eating? Perhaps it was a ‘must have’ new bread, or ‘superfood’, or you began kick-starting the day with a coffee on your way to work, or simply discovered something fantastic that you’d never tried before.

Have there been any events that have changed or disrupted your everyday eating?

# Session 6 – A walk in the park



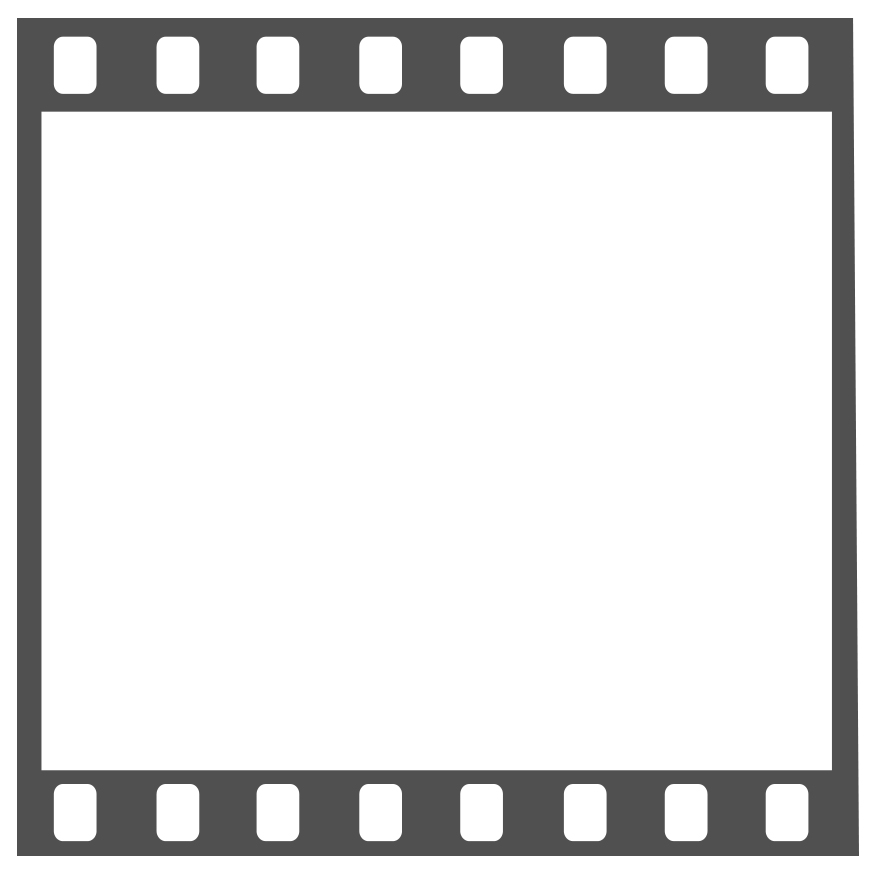
# Session 6 - To Go My Picture of Health

What does your ‘picture of health’ look like?

You can get creative by cutting out images from magazines, using song lyrics, photos and so on to put together a picture that reminds you what health means to you.

How is this different from something you might have made in response to the same question before starting the Well Now course?

Alternatively, use **the Jigsaw sheet** (provided) to write in your ideas, or illustrate the photo frame with whatever sketches, phrases and so on that speak to you.

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