

WellNow!

Better health for everybody

Session 1:

Dieting made plain and introducing Well Now

The diet or dieting mentality

The diet mentality is a way of thinking about the body as a machine that denies needs and feelings and emphasises calorie counting.

The restrictions can involve a big investment of effort, emotion, money and time. This way of thinking about food and eating often leads to guilt, anxiety and feelings of deprivation and does not encourage eating for nurture or self-care.

Body or Bomb Calorimeter?



Memories of dieting

- Deprivation
- Guilt
- Boring
- Tired
- Weight gain
- Understanding
- Companionship
- Isolation
- Expensive
- Obsession
- Elation
- Hunger
- Hope

Science of dieting

- Weight gain
- Loss of bone mass
- Disordered cholesterol levels (yo-yoing)
- Stress
- Less exercise
- Poor dietary intake
- Depression

Identifying diet mentality thinking

- Calorie control – how?
- Weighing yourself
- What emotions are you likely to feel?
- All or nothing thinking
- Good/bad judgments

Please
turn over
>>>

Weight and health behaviours

| Can changes improve health if weight stays the same? | Dietary quality | Physical activity | Tuning in (mindfulness) |
|--|-----------------|-------------------|-------------------------|
| Heart disease | ✓ | ✓ | ✓ |
| Diabetes | ✓ | ✓ | ✓ |
| Blood pressure | ✓ | ✓ | ✓ |
| Arthritis | ✓ | ✓ | ✓ |

What influences adult weight?

- Genetics
- Set point
- Maternal nutrition
- Living environment
- Dieting history
- Medication

Well Now in a nutshell

The Well Now way promotes:

- Respect and social justice
- Compassion and acceptance
- Healthy and pleasurable eating
- Enjoyable physical activity
- Active embodiment
- Scientific and ethical healthcare practice

The magic biscuit...



Everyday Eating with Well Now

- Listening to your body
- Legitimising food so that no foods are off limits
- Recognising that food and eating meet a range of needs
- Responding to body signals - probably eating three times a day or more

Self acceptance and wellbeing

When we learn to value ourselves as we are right now, we start to look after ourselves and make changes that help us to feel better. This improves our health, sense of wellbeing and quality of life.

Health is not defined by body size but has more to do with developing healthy relationships and living in fair societies. This fosters self-care (and equality) and promotes our physical, mental and social wellbeing.