

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 >>>

