Welcome to the COPE Webinar Series for Health Professionals!

June 29, 2016

Mindful Eating for Healthy Living

Time: 12 noon – 1 PM EDT
Moderator: Lisa Diewald, MS, RD, LDN
Program Manager
MacDonald Center for Obesity Prevention & Education

Handouts of the slides are posted at: www.villanova.edu/COPE

Welcome to the COPE Webinar Series for Health Professionals!

• Enhance Education
• Participate in Research
• Partner with agencies and organizations
• Provide Continuing Education

MacDonald Center for Obesity Prevention and Education (COPE) Goals

Mindful Eating for Healthy Living

Objectives:
1. Identify the benefits of mindfulness
2. Explore the hunger and fullness satiety scales and habit loop as well as new ways to integrate them in counseling those with overweight or obesity
3. Describe the benefits of self-compassion in mindful eating
4. Participate in a mindfulness practice demonstration and a self-compassion exercise.
CE Credits

Notice:
• Villanova University is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation
• Villanova University College of Nursing Continuing Education/COPE is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration
• The American College of Sports Medicine’s Professional Education Committee certifies that Villanova University College of Nursing Continuing Education, Center for Obesity Prevention and Education (COPE) meets the criteria for official ACSM Approved Provider status (2015-December, 2018). Providership #698849

CE Credits

Credits:
• This webinar awards 1 contact hour for nurses and 1 CPEU for dietitians
• Suggested CDR Learning Need Codes: 4000, 5370, 5420 and 6000, Level 2

Mindful Eating for Healthy Living

Robin Boudette, Ph.D.
Psychologist
Certified Mindfulness-Based Stress Reduction Instructor
Princeton University Counseling and Psychological Services
Thomas Jefferson University Hospital Center for Integrative Medicine
DISCLOSURE

Neither the planners or presenter have any conflicts of interest to disclose.

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Mindful Eating for Healthy Living

Robin Boudette, Ph.D.
June 29, 2016

Mindless Eating

Over-Eating  Dieting  Self-Starvation
3 Gems of Mindful Eating

- Mindfulness
- Mindful Eating
- Self-Compassion

Agenda

- Introduction to mindfulness and the benefits of mindfulness practice
- Experience a taste of mindfulness practice
- Explore mindful eating skills:
  - Hunger, Satiety and Taste Satisfaction
  - The Habit Loop
  - Working with Cravings and Lapses
- Learn the importance of self-compassion and engage in a self-compassion exercise
- Resources for mindful eating

Mind Full, or Mindful?
Mindfulness

is the capacity to pay attention to the present moment, just as it is, with awareness and acceptance.

arises naturally when we let go of all the things we usually do with the mind and tune-in to our present experience.

allows us to become more aware, less reactive and have more choice in how we respond to thoughts and mood states.

Mindfulness is Not

• State to be achieved
• Relaxation
• Stopping of all thoughts
• Being on automatic pilot
• Multi-tasking

The Mindfulness Revolution

• Healthcare
• Military
• Education
• Sports Performance
• Workplace
Mindfulness Based Stress Reduction (MBSR)

Jon Kabbat Zinn
- Developed in 1979
- U Mass, Worcester
  - Center for Mindfulness
- 9-session program
- Systematic training in mindfulness
- Protocol for research

Attitudinal Foundations
- Non-judging
- Patience
- Beginners Mind
- Trust
- Non-Striving
- Acceptance
- Letting Go

(Jon Kabbat-Zinn, Full Catastrophe Living)

MBSR Clinical Research in Brief

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<tr>
<th>Physical Symptoms</th>
<th>Behavioral Health</th>
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<td>Pain</td>
<td>Anxiety, Depression</td>
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<td>Psoriasis</td>
<td>Smoking cessation</td>
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<td>GI distress / IBS</td>
<td>Binge Eating</td>
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<td>Hypertension</td>
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<td>HIV Immune Response</td>
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0 studies in 1980 and 543 in 2013

Mindful Meditation: Training the Mind

- **Intention:**
  - Reduce stress
  - Increase wellbeing

- **Attention:**
  - Focused
  - Open
  - Calm

- **Attitude:**
  - Kind
  - Curious

- Follow Breath
- Return to Breath
- Mind Wanders

Be Here Now
I want to be in the moment but just not this moment.

Harvard Wandering Mind Study

- Used iPhone app to collect 650,000 real time reports:
  - How do you feel?
  - What are you doing?
  - Are you thinking about something other than what you are doing?
- Are those thoughts pleasant, unpleasant or neutral
- 47% of the time, the mind is wandering
- People are less happy when they're mind-wandering no matter what they're doing.

(Killingsworth and Gilbert, 2010)

Mindlessness

Automatic Pilot

- Thinking about one thing while doing another

- Mechanical

- Lost, caught, carried away in thought

- Mental "hijacking"
Mindfulness Based Eating Awareness Training for Binge Eating
(Kristeller, Wolever, Sheets, 2013)

- RCT with MB-EAT group, CBT group and WLC
- 150 subjects with obesity and BED
- 12 week program
  - Mindfulness training
  - Mindful eating skills
- Measures pre, post, 1 and 4 month up
- Both trx groups improved at 1 month w reduced binge eating and depression; at 4 month 95% MB-EAT group (vs 76% CBT) no longer met criteria for BED

Are You Ready for a Mindfulness Based Approach to Healthy Eating?

1. Are you motivated for a pro-active approach to increasing self-awareness?
2. Are you willing to let go of the expectation that something outside of you will change you?
3. Are you able to accept a gradual approach to changing your relationship to food and eating?

Mindful Eating Skills

- Mindful Eating
- Gauging Hunger, Satiety and Fullness
- The Taste Satisfaction Meter
- The Habit Loop
- Working with Cravings
- Learning from Lapses
Guidelines for Mindful Eating

• Begin the meal with three deep breaths.
• Tune in to now: how hungry are you?
• Curiously Attend: sights, sounds, tastes
• Slowly Savor: rate taste satisfaction
• When you notice you have started to drift into thought, let go, bring your attention back to eating
• Pause frequently, tuning in to taste satiety and to signals of fullness.
• Trust you can stop when you are satisfied and notice the JOY of mindful eating
• Guided audio: www.mindfulnessforeveryone.com

Curiosity: Hunger, Satiety and Fullness

Sensations

Thoughts

Emotions

Curiosity: Taste Satisfaction

(Jean Kristeller, Ph.D. www.mb-eat.com)
Anatomy of a Habit

**Routine**

- **Cue**
- **Craving**
- **Reward**

**Outcome:** Look and Learn

Judson Brewer, M.D., Ph.D., www.goeatrightnow.com

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Responding vs Reacting

**Without Mindfulness**

- **Stimulus** ➔ **Reaction**

**With Mindfulness**

- **Stimulus** ➔ **Mindfulness** ➔ **Response**

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RAIN: Being with Cravings

- Recognize what’s here
- Allow and Accept
- Investigate with curiosity
- Note and Name
**Letting Go and Beginning Again**

- Diet mentality says: “I blew it.” or “I’ll start tomorrow”
- Best predictor of future behavior is past behavior
- Challenge “all or nothing” negative thinking
- Accepting the moment as the antidote
- Look and Learn
- What am I getting out of this behavior?
- Recover from a mindless episode sooner

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**Learning from Lapses: Non-Judging**

- **No Urge** → Contact with pleasant or unpleasant → Urge surfing → Mindful Eating
- Overeating → Guilt feeling → Heavy, full sensation
- Craving → “I blew it...” thought

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**Self-Compassion**

- Self-hate, guilt and shame become triggers to mindless eating
- When we care about ourselves we can care for ourselves
- Cultivate acceptance, beginners mind, patience, trust
- Compassionate Body Scan
Shifting: Mindless to Mindful

- Avoidance to approach
- From thoughts to sensations
- Living in past, future to living in present
- Striving to non-striving
- Conceptual experience to direct experience
- Automatic to intentional

Mindfulness Training:

- Regular formal practice (10-30 minutes a day)
- Informal practice by bringing mindfulness to daily activities
  - Mindful Eating everyday
  - Daily activities
  - Mindful moments throughout the day

Resources for Mindful Eating

- Materials and guided audios:
  - www.mindfulnessforeveryone.com
- Mindful Eating App
  - www.goeatrightnow.com
- Materials and Webinars
  - www.tcme.org
- Mindful Eating Research and Programs
  - www.mb-eat.com
  - www.dukeintegrativemedicine.org
- Online Mindful Eating Program
  - Eat For Life, U of Missouri
You can’t stop the waves but you can learn to surf.

—Swami Satchidananda

Evaluations and CE Certificates

- Those completing the webinar will be emailed a link to the evaluation.
- The email will be sent to the email address that you used to register for the webinar.
- Complete the evaluation soon after you receive the email. The evaluation does expire after 3 weeks. Once expired, you cannot obtain a certificate.
- Once the evaluation is completed, the CE certificate will be emailed separately within 2 or 3 business days.

Upcoming COPE Onsite Conference

Moving People from Resistance to Willingness: A Skills-based Motivational Interviewing Workshop

Nicholas Frye LCPC, NCC, DCC  Jennifer Christman, RDN, LDN

Date: Wednesday, July 13, 2016
Time: 9 AM-4 PM
Location: Villanova University College of Nursing
Driscoll Hall Auditorium
CE Credit: 5.5 contact hours, 5.5 CPEUs
Sharing Secrets and Successes:
Best Practices in Weight Management

Onsite RD Breakfast Series
Date: Wednesday, September 14, 2016
Time: 7:30-10:30 AM
Location: Villanova University College of Nursing
Driscoll Hall Auditorium
CE Credit: 2 CPEUs for RDs/DTRs

• Panelist presentation with ideas and strategies
• Discussion and exhibits
• Idea exchange, problem-solving, resource sharing
• Discover new ideas—and share a couple of yours!
• Complimentary breakfast provided by SNAP Kitchen
• For more info: villanova.edu/cope

Questions and Answers!

Moderator: Lisa K. Diewald MS, RD, LDN
Email: cope@villanova.edu
Site: www.villanova.edu/COPE