



Intuitive Eating: Part 2

Body Brave March 2022

Agenda

Welcome

Introductions

Group Norms

Intuitive eating: principles 1-5

Wrap Up & Questions



Land Acknowledgement

Introductions



Group Norms

Confidentiality

Limit use of numbers

Non-diet approach

This is a pro-recovery
space

Stay open-minded

Respect one another

A top-down view of a light-colored wooden desk. In the upper right, a portion of a white keyboard is visible. To its left, a pair of white earbuds lies on the desk. On the left side, a notebook with lined pages is open. In the lower center, a white mug filled with a frothy, light-brown beverage sits. A dark teal rectangular box is superimposed over the center of the image, containing white text.

**What are you hoping
to learn today?**

Intuitive Eating: What it is and isn't

Intuitive eating involves:

- Ditching diets
- Eating what you want without judgement/guilt
- [Re]Discovering your body's hunger and fullness cues and using these as a guide to help you determine when and how much to eat
- Finding satisfaction in eating experiences
- Improving your relationship with food and your body

Intuitive eating is NOT:

- A diet
- A strategy for weight loss
- An "all or nothing"/"one size fits all" approach, or something you need to implement all at once

Intuitive Eating: The 10 Principles

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Discover the Satisfaction Factor
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement – Feel the Difference
10. Honor Your Health – Gentle Nutrition

Feel Your Fullness

- Checking in with your body during an eating occasion for cues of comfortable fullness*
- The amount of food required to reach a point of fullness can vary from day-to-day
- Trying to be present for eating experiences
- Eat in a designated space, ideally without distractions

Feel Your Fullness

- Avoiding judging yourself for occasions where you intentionally or unintentionally eat past fullness
 - Food serves many purposes beyond fuel and nourishment



Hunger- Fullness Scale

0. Feeling ill, nauseous
1. Ravenous
2. Very hungry
3. Hungry
4. Starting to notice some signs of hunger
5. Neutral
6. Noticing some signs of fullness
7. Comfortably full
8. A bit too full-feeling a bit uncomfortable
9. Stuffed-feeling quite uncomfortable
10. Feeling ill, nauseous

Feel Your Fullness

- If you find your meals are leaving you feeling unsatisfied, consider:
 - The balance of your meals
 - Whether there are certain tastes or textures missing
 - The impact of your eating environment on how you experience that eating occasion
 - If food rules/thoughts that are preventing you from eating what and/or how much your body needs

Feel Your Fullness

How you might apply this principle:

- Eating regularly throughout the day
- Incorporating the balance and variety of foods, flavours, and textures at meals that feels satisfying to you
- Giving yourself unconditional permission to eat more if your body tells you it needs more

Feel Your Fullness

How you might apply this principle:

- Using the hunger-fullness scale as a learning tool
- Following your structured meal plan (temporarily or longer-term)

Cope with Your Emotions with Kindness

- Food can be a way of coping with emotions
 - Anger, boredom, fatigue, stress, loneliness, happiness, sadness, etc.
- Eating may be helpful in the moment, but often does not truly address the emotions you are experiencing
- The goal is not to remove food as an option/deprive yourself, but to build up a toolkit of other options

Building up Your Toolkit

How you might apply this principle:

- It can be helpful to first try to understand what emotions most often trigger you to engage in emotional eating
 - Avoid judging yourself for these experiences- you are not alone!
- Think about other options beyond food that might be helpful for you to try when experiencing these emotions
 - These can be inexpensive and don't necessarily need to take up a lot of time

Building up Your Toolkit

If I am stressed I could try...

If I am tired I could try...

Building up Your Toolkit

If I am stressed I could try...

- Taking a warm bath/shower
- Deep breathing
- Reading or watching tv
- Laughing! E.g. watching funny clips online or listening to a comedy podcast
- Massaging lotion into my hands or feet

If I am tired I could try...

- Taking a nap or getting to bed earlier
- Prioritizing my to-do list (what needs to get done today and what can wait) and asking for help/delegating tasks where possible

Using Your Toolkit

- Determine if you are physically hungry. If you are, give yourself permission to eat.*
- If you are not, try to understand what you are feeling. Name the emotion(s) you are experiencing.
 - You may also find it isn't so much an emotion, but a craving for a certain taste or texture.
- Think about what you need in the moment.
 - This might be food, and that is ok! However, sometimes you might choose to try something else in your toolkit.

Using Your Toolkit

- You might try to reflect on how this process went later on.
 - Did what you selected from your toolkit meet your needs in that moment?
 - Was there another option you think might have been a better fit for you?
 - Does your list of options need to be revised?
- The goal is to learn about what works best for you and give you a wider array of options for caring for yourself.

Respect Your Body

- Showing the body you are living in right now respect
- Acknowledging that we don't have to love everything about our bodies every day to respect and care for them
- Diet culture leads us to believe that we all need to strive for a certain body shape/size, so it can take a lot of time and unlearning to be able to accept and celebrate a diverse array of body shapes and sizes

Respect Your Body



Respect Your Body

How you might apply this principle:

- Fueling your body with enough food
- Acknowledging what your body does for you vs focusing on what you don't like about it
- Wearing clothes that are comfortable for the body you are in
- Moving your body in ways that feel good
- Following people/companies on social media where a diverse array of body shapes and sizes are portrayed in a positive manner



What is your current relationship with movement like?



Movement

- Feel the

Difference

- Focusing on movement for enjoyment not using movement as a way to change or control your body weight/size
- Moving in ways...
 - That feel good for your body
 - That you enjoy
 - That honour where you are at*

Movement - Feel the Difference

- All movement counts
 - Doesn't need to be a set time or intensity
- May be planned/structured or unplanned
- Allowing for rest as needed

Movement - Feel the Difference

How you might apply this principle:

- Taking movement breaks from sitting throughout your day
- Gentle stretches in the morning
- Trying a new activity that looks fun to you (if medically cleared to do so)
- Playing on the playground/at a park with your kids
- Taking the stairs vs the elevator
- Walking to do errands, if feasible
- Listening to your body when it is signaling it needs a break or needs to slow down

Honor Your Health - Gentle Nutrition

- Recommended for later on in the Intuitive Eating journey
- Incorporating foods that make your body feel good
- Incorporating foods that support your health while also acknowledging your taste buds
- Thinking about the “bigger picture” versus one meal or one day

Honor Your Health - Gentle Nutrition

How you might apply this principle:

- Focusing on incorporating vegetables you like into your diet instead of trying to force yourself to like them all
- Giving yourself unconditional permission to have the cake you truly desire instead of trying to look for an alternative food to satisfy this craving
- Deciding not to eat a food often because it seems to trigger heartburn whenever you have it
- Exploring high fibre foods options in order to identify ones you enjoy that you can include in your diet to help promote bowel regularity

Ultimately...

- **What principles you adopt and how you adopt them will look different from person to person**
- **It can take years to unlearn what diet culture has ingrained in us, and rejecting diet culture is an ongoing process**
- **However you proceed, be patient and compassionate with yourself throughout the process**



Questions?

References

The Original Intuitive Eatings Pros (2019). *10 Principles of Intuitive Eating*.
<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Tribole, E., & Resch, E. (2012). *Intuitive Eating: A Revolutionary Program That Works* (3rd ed.). St Martin's Griffin.



Thank You!

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