

Workforce Health



Intuitive Eating: A Revolutionary Non-Diet Approach

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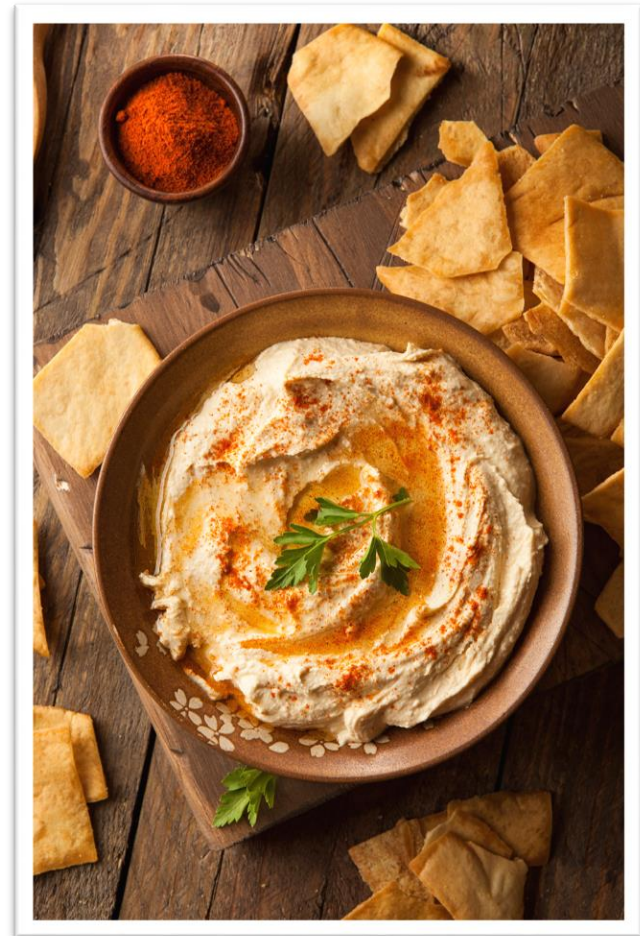
For Your Virtual Experience

- You may be muted for best sound quality
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- You may not see other attendees in the participant list or the chat
- To ensure a positive experience for all engagement, should be kind and respectful
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- To enable closed captioning, click on the  icon if available
- You may receive a follow-up email with an evaluation after the completion of this program
- This presentation may be recorded for internal quality purposes

Objectives

By the end of the presentation you will:

- Know Intuitive Eating basics including familiarity of the 10 principles
- Identify if this way of living and lifestyle is something that you would like to further explore
- Understand the myths and misconceptions, and how to get started with Intuitive Eating
- Walk away with helpful Intuitive Eating resources such as: websites, books, workbooks/workshops, blogs and podcasts



Intuitive Eating Resources

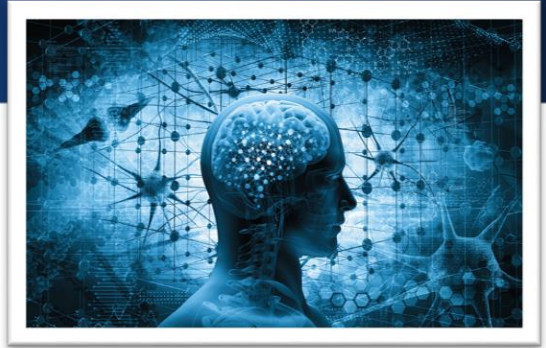
- Intuitive Eating Official website: www.IntuitiveEating.org
 - Get the latest news, find articles, research, interviews and general information
- The Intuitive Eating Workbook, New Harbinger, 2017
 - As a complement to Intuitive Eating the workbook offers numerous exercises and practices to help hone your skills as an intuitive eater
- The Intuitive Eating Workbook for Teens, New Harbinger, 2019
- Certified Intuitive Eating Counselor Directory:
 - This directory is a listing of allied health professionals who are trained and certified in the intuitive eating process

<https://www.intuitiveeating.org/certified-counselors/>

www.IntuitiveEatingCounselorDirectory.org
- “Food Psych” podcast. Christy Harrison Certified Intuitive Eating Counselor

What Is Intuitive Eating

- Intuitive is defined as using or based on what feels to be true even without conscious reasoning; instinctive
- Born with the wisdom to be an intuitive eater
 - Interplay of instinct, emotion, thought orchestrate our life (“Mindsight”)
- Three regions of the brain are responsible for this integration
 - Reptilian brain (act by instinct)
 - Limbic brain (emotions and social behaviors originate here)
 - Rational brain “neo-cortex” (creates thoughts and language by integrating instinct and feelings)
- TRUST your inner signals and use all aspects of your brain
- An intuitive eater will honor the brain



Backed By Science

- Over 125 studies on intuitive eating
- “Interoceptive Awareness” – underpinning of intuitive eating
 - Our ability to perceive physical sensations that arise from within our body
 - Our wants, needs and emotions are tied to the direct sensations in our bodies
 - Many people block this awareness “superpower” in their mind in the form of rules, beliefs and thoughts
- Learn to listen to your body to get our biological and physiological needs met



Principle 1 – Reject the Diet Mentality

- *“If I can’t lose weight, I’m a failure” “if I stop dieting, I won’t stop eating”*
- Diet culture promotes weight loss
- Diets coincide with transitions in life or difficult times
- Dieting is a way to cope; gives structure or control
- Dieting is harmful and futile
- You must stop believing that the “one perfect diet” for you is in your future
- THEN you can become an Intuitive Eater



Principle 2 – Honor Your Hunger

- Lies we tell ourselves are so prevalent:
 - *“I must ignore my hunger, because I don’t deserve to eat”*
 - *“It’s too early in day”*
 - *“I ate too much yesterday”*
 - *“I had a donut this morning”*
- Keep your body biologically fed with adequate energy and carbohydrates
- Don’t allow yourself to get over hungry – leads to over-eating
- Ignoring our hunger leads to cycles of restriction and overeating
- Decreased caloric intake results in up to 40% decrease in metabolic rate
- Food insecurity/food scarcity is a form of **trauma**
- Biological mechanisms
- Body needs to know that food will come regularly otherwise it slows metabolism to save energy/fuel

Principle 3 – Make Peace With Food

- *“I shouldn’t eat X”, “I must follow a rigid meal plan”*
- Give yourself **permission** to eat
- Telling yourself you **can’t** have a particular food leads to intense feelings of deprivation ► uncontrollable cravings ► bingeing
- Last Supper Effect
- Restrained Eaters
 - Calculate when to eat, how much to eat
 - Avoid the “Last Supper” effect
 - Once a rule is broken, overeating begins



Allow foods back into your diet and “make peace”

Process of Making Peace

- Pay attention to the foods appealing to you – make a list
- Put a check by the foods you actually do eat
- Circle foods you've been restricting
- Give yourself permission to eat one “restricted” food
- Check in with yourself:
 - Was it as good as you imagined?
 - Do you really like it?
- Keep enough of that food on hand so you can have it when you want it
- Know your readiness - might not be ready for this yet



Intuitive Eating is a PROCESS

Principle 4 – Challenge the Food Police

- “I was **bad** because I ate a burger and fries”, “I am **good** because I limit my calories (or avoid chocolate, or fried foods, etc)”
- Say **NO** to the thoughts in your head about “I’m good”, “I’m bad”
- Diet culture has created this inner judge and jury
 - Food companies, advertising, commercials
 - Magazines
 - Social media - food talk, rules, detox, cleanse
- Born with an innate ability to sense hunger
- Re-listen to the powerful allies in your head
 - Nurturer
 - Food Anthropologist
 - Nutrition Ally
- Positive Self Talk



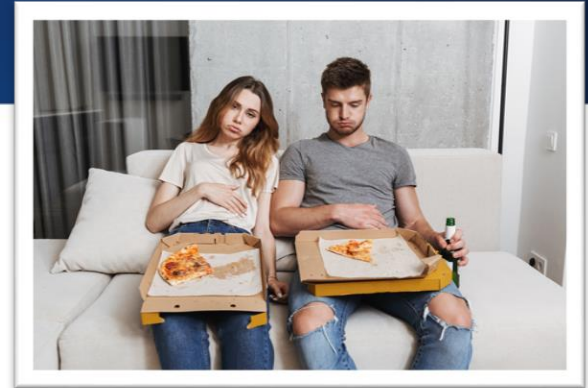
Principle 5 – Discover the Satisfaction Factor

- *“Instead of cookies for dessert, I will have fruit”*
- Don't be afraid to ENJOY your food!
- Eat what you want in an inviting environment
 - Will result in self-limiting vs out-of-control eating
- Feel satisfied when done
 - “I've had enough”
- Intuitive Eating doesn't seek perfection but offers guidelines to a comfortable relationship with food
- Challenges: not time to cook a meal, only options are fast food
- Sometimes honoring your hunger is all you can do



Principle 6 – Feel Your Fullness

- *“I have to clean my plate”, “I track my macros”, “I only eat clean”*
- “Dieting” instills a message that it’s “OK” to eat at mealtime
- Reinforces “clean my plate” mentality
- Respecting your fullness hinges on giving yourself **unconditional** permission to eat
- Learn to recognize **comfortable satiety**, knowing you CAN eat more later
- Pause in the middle of eating
 - How does this food taste
 - How hungry am I still
- Eat without distractions
- Eat foods that are filling
 - Healthy fats
 - Fiber
 - Protein



Principle 7 – Cope With Your Emotions With Kindness

- Anxiety, loneliness, boredom and anger are emotions we all experience
- Find ways to comfort, distract, nurture and resolve your issues
 - Without food
 - Food can comfort, but won't **fix** the issues
- Food restriction can trigger “loss of control”
- Emotional eating is tied to feelings not biological hunger
- Learn to enjoy food , be **present** while eating, seek nurturance, deal with feelings, find a different distractor
- Eventually food will no longer be your coping device – you must **face** your emotions
- Be **KIND** to yourself

Principle 8 – Respect Your Body

Accept Your Genetics

- Body vigilance – body worry – food worry – cycle of dieting
- Learn to accept your body
 - Get comfortable with your body
 - Treat your body with dignity and respect
 - Stop body-checking (comparing self to others) or body-bashing
- **Health At Any Size (HAES)**
 - Accept body diversity
 - Determine a natural body weight (forget BMI)
 - Weight stigma is prejudice
 - Eat for well-being
 - Life-enhancing movement

Principle 9 – Movement – Feel the Difference

- Just move – you'll feel better no matter your size
- Change your attitude about exercise
 - Started a “diet” and exercise simultaneously – inadequate fuel
 - Set unrealistic “exercise” goal
- Fuel yourself well for movement
 - Eat carbohydrates, healthy fats, lean proteins
- Focus on movement as a way to take care of yourself
 - Make it fun
 - Make it comfortable (no sweat, no problem)
- Remember to rest



Principle 10- Honor Your Health

- Eat foods that taste good – but honor your health
- Chips taste good – but not “healthy”
- Try nuts, seeds, trail mix
- Slow process to make healthier choices

It's a journey!



Benefits of Being an Intuitive Eater

Intuitive Eating has scientifically been proven to be associated with both physical and emotional benefits including:

- Lower body mass index (BMI)
- Lower triglycerides
- Higher HDLs (the “good” cholesterol)
- Higher self esteem, well being, optimism, body appreciation and acceptance,
- Proactive coping skills, psychological hardiness, unconditional self-regard
- Pleasure from eating, and variety of foods eaten
- Lower internalized thin ideal, eating disorders, emotional eating and self-silencing

Who is Intuitive Eating Recommended For?

Intuitive Eating is recommended for people of all ages and genders!



Next Steps

- Create a SMART Goal
- Set a Mini Habit for the next 30 days



- What did I learn from today?
- What information resonated with me?

I need to explore this resource before getting started.

Next Steps

I'm Ready

- I will go to bed by 10pm in order to get 7 hours of sleep, 5 nights/week.
- I will listen to a 2-min mindfulness meditation app 2x/day, 4x/week to help manage stress.

I'm Getting Ready

- I will begin turning electronics off at 9pm, preparing for bedtime, 5 nights/week.
- I will research 5 short mindfulness meditation apps in the next 2 weeks.

I'm Not Quite Ready

- I learned how important sleep is for my overall health and will consider ways to improve my sleep quality.
- I understand that taking some small action to manage my stress might be beneficial.



Questions?