

Eat Well

in a recovery context

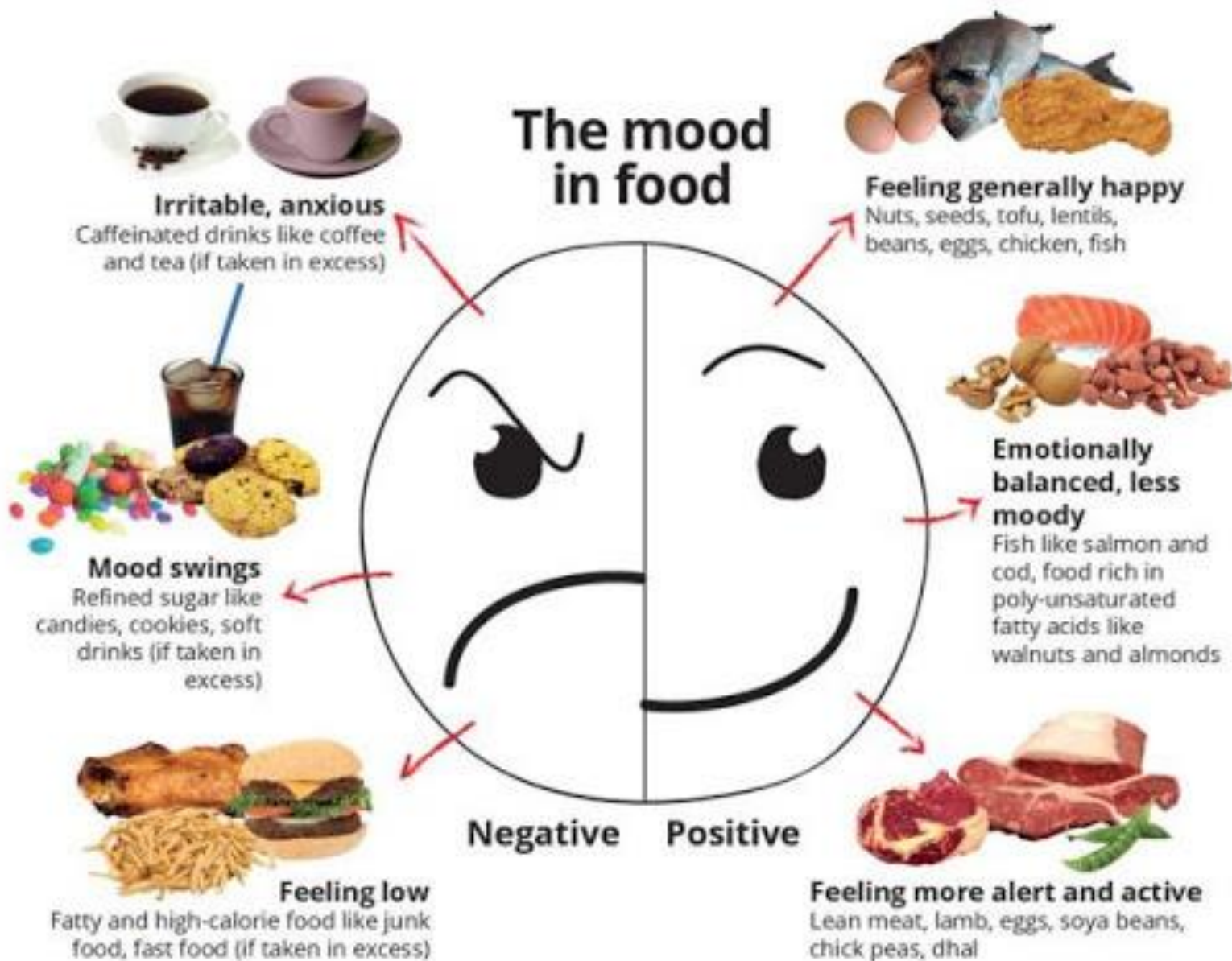
- Eating well is part of a healthy lifestyle.
- Healthy eating practices can improve your mental health.
- “We are what we eat.” Unfortunately, many of the foods we eat today are over-processed, contain chemicals and preservatives, and lack nutrients.
- The gut is often referred to as the second brain. It is estimated about 90% of serotonin (the happy hormone) is made in the gut.
- The ability to concentrate and focus comes from the adequate supply of energy – from blood glucose – to the brain. In fact, the brain uses 20% of all energy needed by the body.



8 tips
on food &
mood

- Consistent meals and mealtimes
 - Skipping meals = low energy
 - Blood sugar fluctuations = mood swings
 - Regularly eating breakfast = maintains a healthy body weight
- The importance of carbohydrates
 - Carbohydrates produce serotonin
- Keeping hydrated
 - Improves cognition, mood and quality of sleep

The mood in food



Emotional eating is triggered by feelings, and we may not realise we are using food to deal with our emotions.

Next time you feel the urge to eat, ask yourself:

- **Am I physically hungry?** Tell yourself you can eat but wait 5 minutes to check your feelings. If you are still physically hungry, honour your feelings.
- **What am I feeling?** This can be difficult to answer. Are you feeling angry, bored, anxious, depressed, nervous etc.?
- **What do you really need?** Something to drink, a rest, to meditate, comfort, to express feelings etc.? Try trading actions for food.

Physical Hunger

vs.

Emotional Hunger

Comes on gradually & can be postponed

Comes on suddenly & feels urgent

Can be satisfied with any type of food

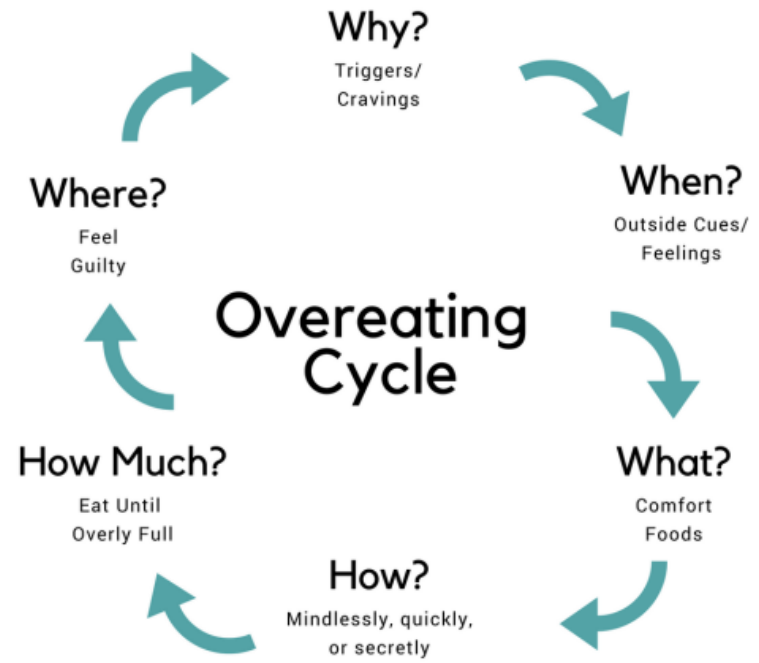
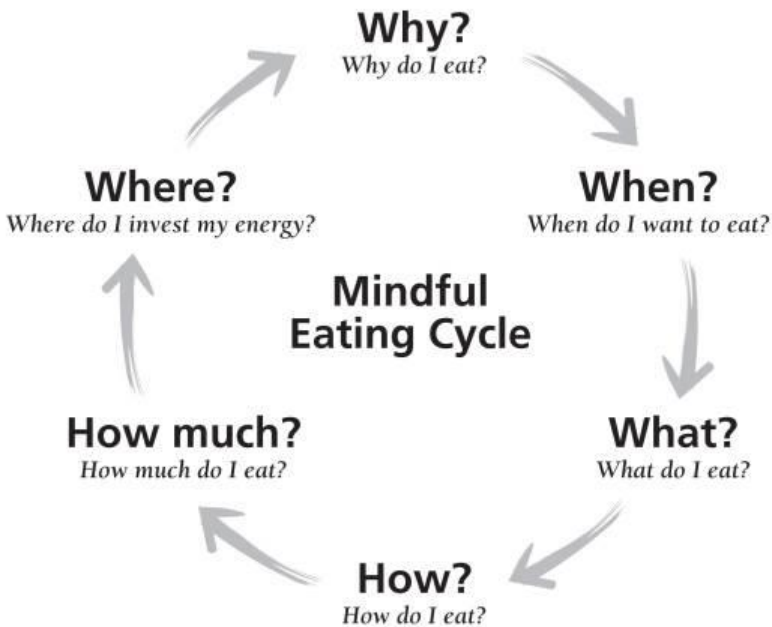
Causes specific cravings, Pizza, chocolate, ice-cream...

Once you're full you can stop eating

Eat more than you normally would. Feel uncomfortably full.

Causes satisfaction, doesn't cause guilt

Leaves you feeling guilty & cross with yourself.



HALT

Stop! How are you feeling right now? Are you:

- HUNGRY
- ANGRY
- LONELY
- TIRED

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Identifying barriers

Identifying your individual barriers to healthy eating is the first step to creating strategies in order to overcome them. Which barriers in the table below, apply most to you?

Lack of self-motivation to cook		Busy schedule	
Drinking lots of high calorie beverages		Eating fast food often	
Lack of time to prepare meals		Frequently eating high calorie desserts	
Eating quickly		Eating late (after 8pm)	
Eating large portion sizes		Snacking often/mindless snacking	
Cost of healthy food		Competing priorities	
Too great a change from current diet		Other:	

James Clear

People who incorporate their personal goals into their sense of self are more likely to engage in goal consistent behaviour.

Frame your health goal as part of your identity.

Imagining yourself as a healthy eater is the key to changing your behaviour.

For example, tell yourself, "I am the type of person who leads a healthy lifestyle."

Love
yourself
enough
to live
a healthy
lifestyle.

List boundaries you might set with yourself...

Setting simple boundaries can be helpful in establishing and maintaining a balanced relationship with food.

Examples:

- Drink a glass of water first thing.
- Only buy what's on your shopping list (i.e., no impulse buys).
- Eating out no more than twice a week.
- Limiting yourself to one or two cups of coffee a day.
- Give up sugar in tea and coffee.
- No caffeine after 2pm.
- Drink at least 2 litres of water a day.
- Ration your snacks and put your snacks for a day in a box.
- Eat to feel satisfied.
- No eating after 9pm.
- Every week, give yourself the simple goal to buy at least one vegetable or other ingredient you don't usually eat.

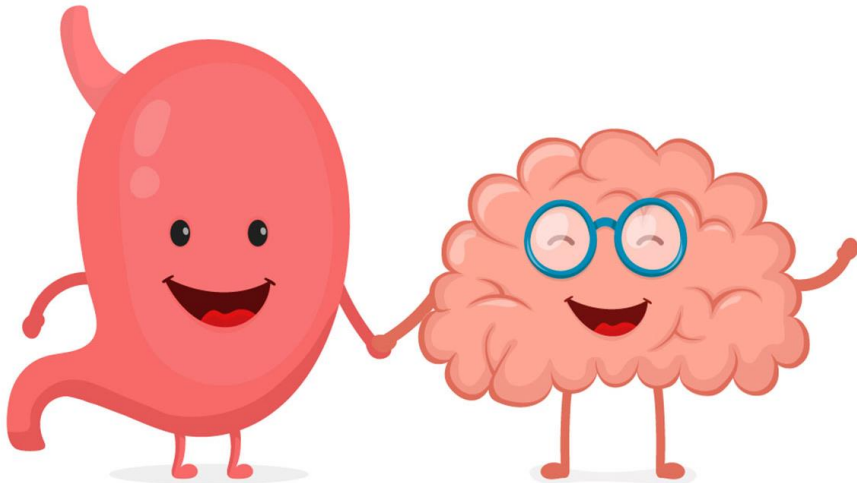


“Perhaps the most intimate relationship each of us will ever have is not with any fellow member of our own human species. Instead, it is between our bodies and our food.”

Scientific American, September 2013



THE IRON YOU®



Our relationship with **food** is reflective of our relationship with **life**.