



Point32Health

**The Hunger Habit:
A Neuroscience-Based
Approach to Healthier
Eating**

**Session 1:
Getting Curious about Habit
Loops**

With
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Certified Mindfulness Instructor



Why we eat when we're not hungry and how to stop

Overview of All Sessions

1. Habit Loops and Curiosity
2. Is It Time to Eat? – the Hunger Test and the wisdom of our bodies
3. Surfing Your Cravings – using the craving tool to dismantle unhelpful habits
4. A Bigger, Better Offer – building your enchantment databank

Arriving

Move from doing into just being

Take a breath or stretch a bit

Observe your experience

- What's going on inside and outside right now?
- Just notice – no need to change it

Overview of Session 1

1. Your goal
2. Willpower
3. Habit loops
4. Getting curious
5. Action steps

Your Goal

Challenge Goal Examples

- Enjoy healthy foods
 - Eat when I'm hungry and stop when I'm full
 - Be healthy no matter how much I weigh or what size my body is
 - Quit the clean-plate club (= stop eating past fullness just because the food is still on the plate)
 - Stop eating compulsively or mindlessly
 - Take care of my emotions and myself without using food to do so
 - Eat with intention instead of being driven by impulse
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- Take better care of myself when I'm stressed
 - Reduce the amount of harsh self-judgments
 - Stop smoking

Willpower

What is willpower?

- The ability to control one's own actions, emotions, or urges
- Strong determination that allows one to do something difficult
- A “Just stop it” strategy – calories in, calories out

Dr. Jud's research-based perspective

- What you can't have, you want more of
- What you resist persists (“Don't think of a white bear”)
- Failure leads to backsliding – I lost control, I might as well binge
- Willpower
 - Doesn't increase with practice
 - Is easily depleted – especially when you're hungry or triggered

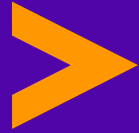


This approach isn't about willpower

Habits and Habit Loops

What is a habit?

- Regular
- Repeated
- On cue
- Something we do without having to make a decision – if you make a decision whether to do something, it's not a habit (Wendy Wood, PhD – habit scientist)
- Anything that has a trigger-behavior-reward cycle!



Healthy habits are the key to a happier life

Well-being is a skill

Habit Mapper



BEHAVIOR

Describe what you want
to change.

Examples of Behaviors – the Habit Itself

- Eating a whole bag of chips or cookies
- Snacking
- Eating everything on your plate

- Biting your nails
- Worrying
- Self-judgment
- Smoking
- Snapping at family members

RESULTS

Ask yourself “What do I
get from this?”

Examples of Results

Short-term

- Feel better

Long-term

- Feel worse
- Sluggish
- Tired
- Stomach discomfort
- Emotion/situation returns
- Interpersonal consequences (depending on the habit)

TRIGGERS

Is it a thought, an emotion,
or a smell?

Examples of Triggers – What Starts the Habit

Emotions/Sensations

- Stressed out after a long day - neg
- Stressed, anxious at work - neg
- Feeling restless or hungry after a meal - neg
- Angry, irritated, frustrated - neg
- Lonely – neg
- Joyful – pos
- Relieved - pos

Situations or Places

- See package on counter – neutral
- Get into car - neutral
- No healthy food in the house - neg
- Fast food restaurants - neutral
- Yelled at by boss - neg
- Won a game - pos
- Got a raise - pos
- Received a job offer - pos
- At a party - pos, neg, neutral
- Visiting family - pos, neg, neutral

Curiosity Practice

Curiosity – ordinarily . . .

Figuring something out

Learning something

Solving a problem

Our Curiosity Practice

Investigating your rich lived experience
in this moment

Diving into the mystery of NOW,
without the need to solve anything

Exploring what we find here and now

Action Steps

Map loops of habits you want to change
Do curiosity practice (esp. with habits)
Get clear about your goal

Extra credit:
Watch Dr. Jud's talk

Thank You!