

# Point32Health

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

### **Session 4: A Bigger Better Offer**

With  
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Certified Mindfulness Instructor

# Arriving – STOP Practice

**Stop:** 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
- Notice and nurture kindness and warmth of heart

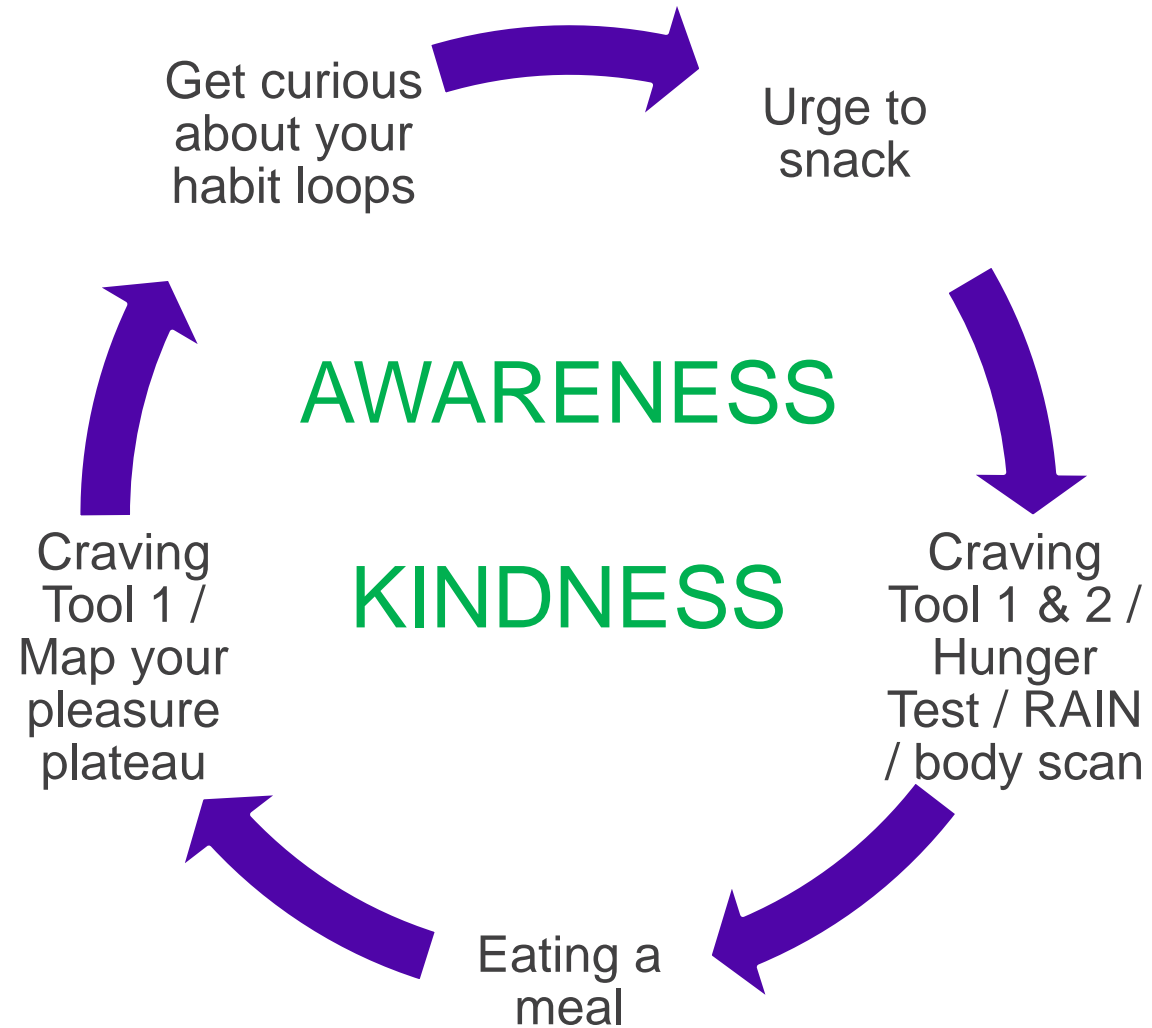
**Proceed:** with your day (or change course)

# Overview of All Sessions

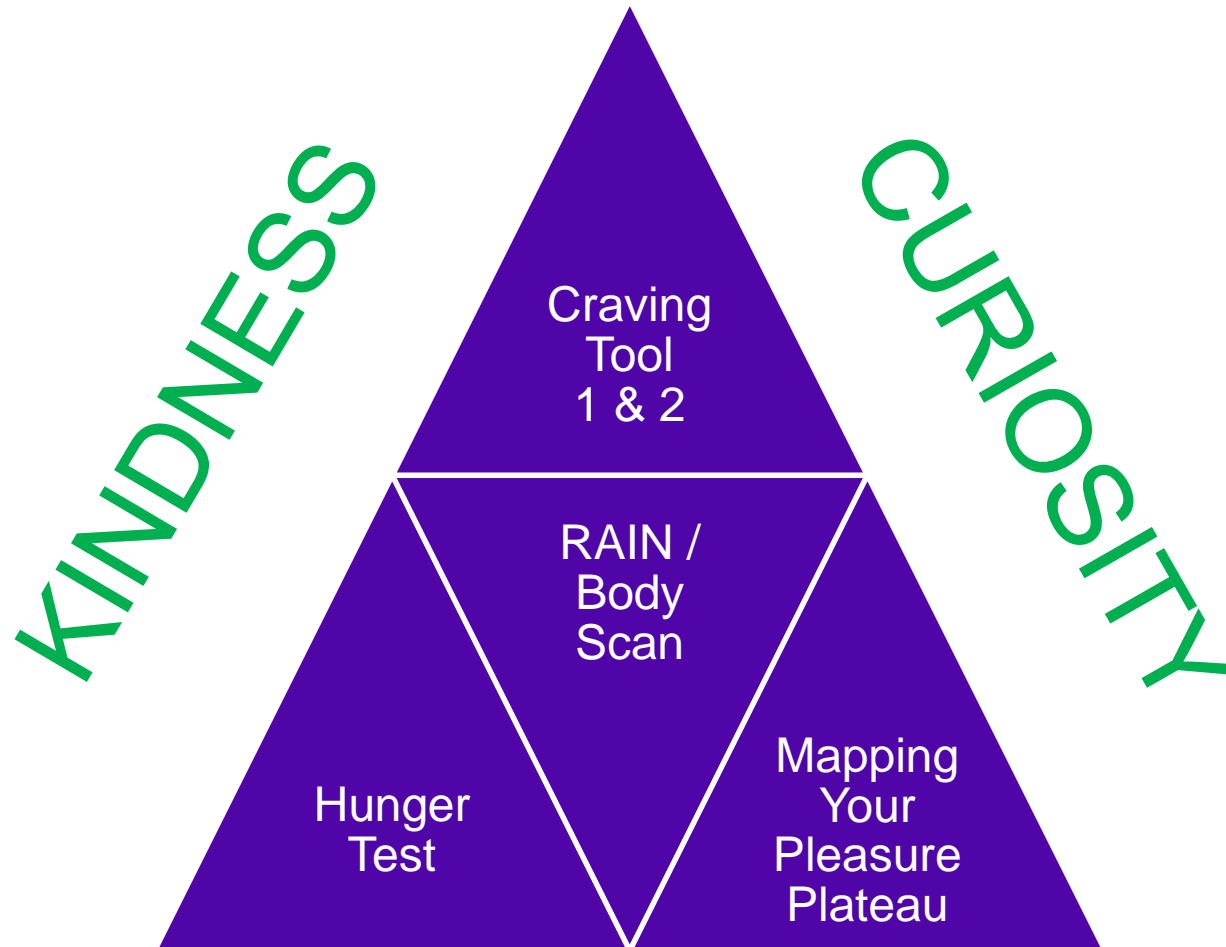
1. Habit Loops and Curiosity
2. Is It Time to Eat? – the Hunger Test and the wisdom of our bodies
3. Surfing Your Cravings – using the craving tool to dismantle unhelpful habits
4. **A Bigger, Better Offer – building your enchantment databank**

# Questions from Previous Sessions?

# The Cycle of Your Day



# The Pieces Fit Together!





## **Rescorla-Wagner model:**

**The only way to change behavior is to change where it stands in the reward hierarchy – this happens through awareness, experiencing the habit loop to its final result**

# Overview of Session 4 – A Bigger, Better Offer

1. Check in about your experience
2. Healthy eating discussion
3. A bigger, better offer
4. Caring for yourself and your emotional life
5. Action steps



**What has been your  
experience through  
these four weeks?  
Any changes?  
Thoughts? Feelings?**

# A Bigger, Better Offer

# Caring for your life of feelings, moods, and emotions

RAIN – helps prevent being controlled by emotion, they don't last as long

Body scan – helps us realize that we are bigger than pain and emotions

Getting curious about the booster of the emotion – what feeling or belief is feeding the surface emotion?

Getting to know the committee in your head – “welcome to the party” (Dan Harris, Ten Percent Happier)

“Unwinding Anxiety” – book and app by Dr. Brewer

# The “Committee” in Your Head

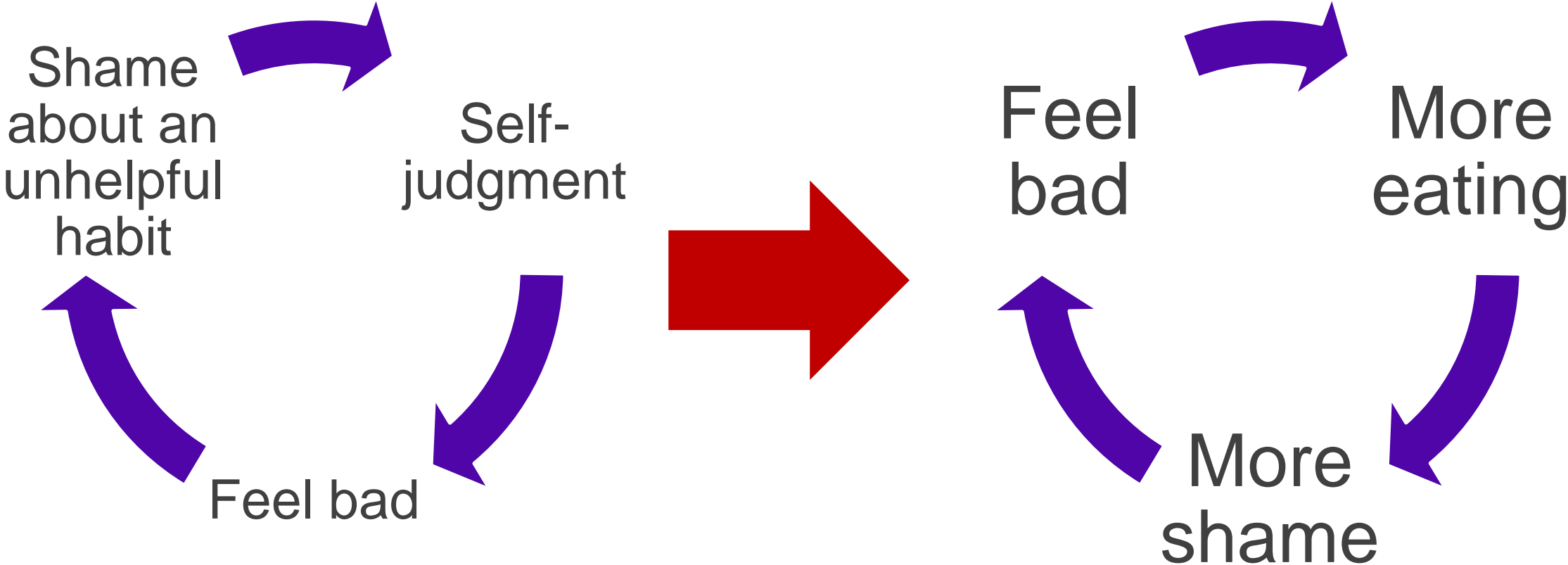
“You are so stupid” “What’s wrong with you?” “You shouldn’t have . . .”

We each have a group of pesky voices in our heads – advice, judgments  
“Eat that cake!” then “You were so stupid to eat that cake!”

Common committee members: shame, self-doubt, disgust, contempt, inferiority, despair, not worthy, broken, useless, a failure – try giving them names

By observing the voices instead of identifying with them, we change our relationship with them.

# Habit loops can trigger habit loops



# The Ultimate Bigger, Better Offer

Build trust in yourself through experience – build your enchantment database

Meet your needs instead of feeding your wants –  
what do I really need right now?

Fire your committee – replace it with curiosity and kindness

Take stock how of far you've come

# Cultivating Kindness

# Practice Kindness for Yourself

Get in touch with something you're struggling with a bit OR  
with something in your life that is really important to you  
Recognize common humanity – shared challenges and aspirations  
Find a way of expressing self-compassion that is right for you

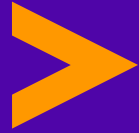
- Touch
- Images
- What would you say to or do with a friend who is going through something similar?
- Phrases
  - May I find comfort
  - May I know calm and peace
  - May I be supported and understood
  - May I be safe – free from inner and outer harm
  - May my needs be met
  - May I be successful
  - May I live with integrity
  - May I realize my dreams and aspirations
  - May my work be rewarding and fulfilling
  - May my relationships be healthy



# Action Steps

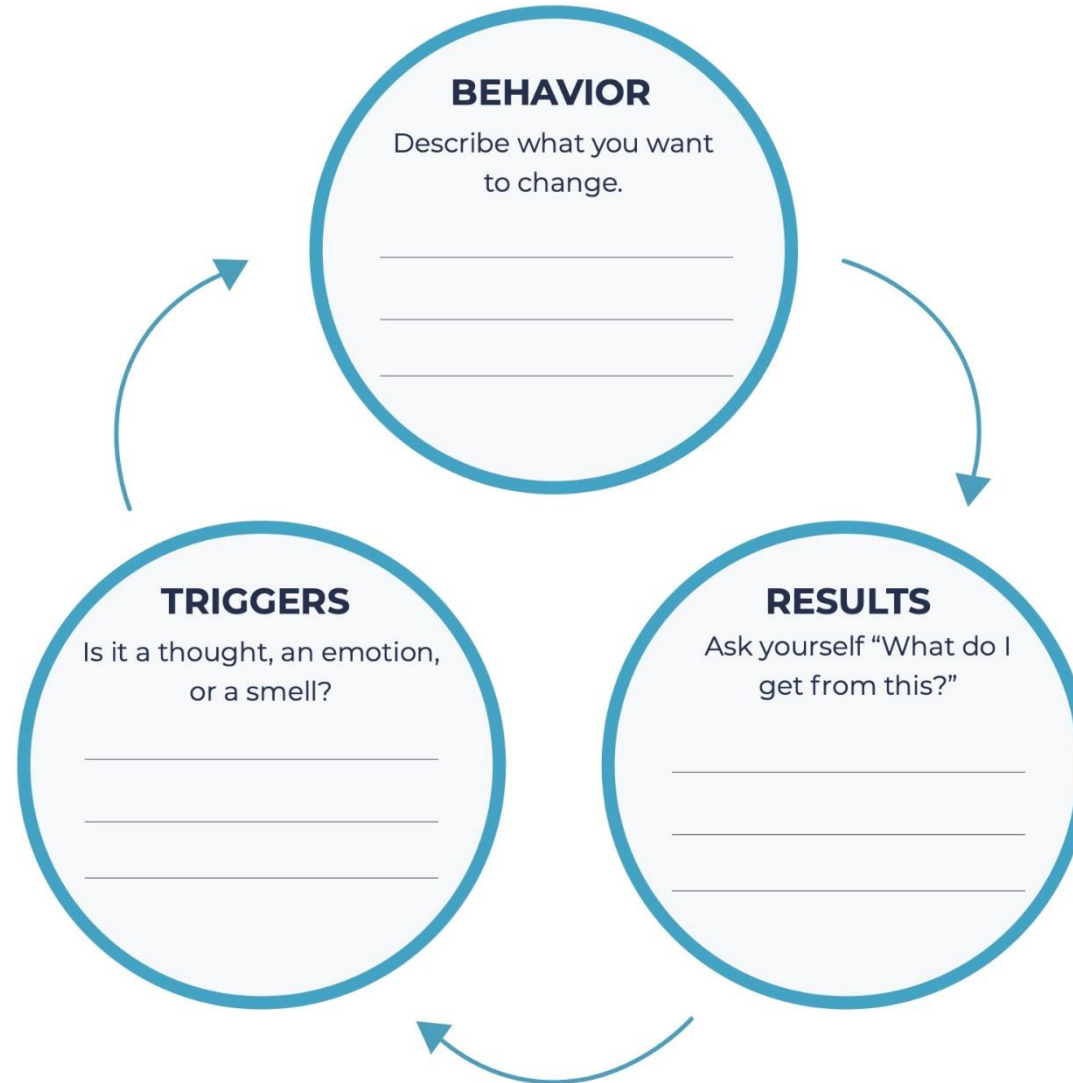
Use the tools  
Do RAIN and Body Scan  
Stay kind and curious

Watch Dr. Jud's talk  
Read *The Hunger Habit*



**THANK YOU!**

# Habit Mapper



# The Hunger Test – Use It Before You Snack

- Use the Hunger Test when you have the urge to eat outside of mealtimes
- Helps you tell the difference between eating to soothe an emotion and eating because you're hungry
- The more you practice it, the quicker body and mind recalibrate
- You'll receive a PDF of this as a handout with this session's f/u email
  
- Step 1: Put a check by the X in each row that fits you in that moment

Experience	Stress/Emotion	Habit	Hunger
Bored		X	
Avoiding something	X	X	
Restless	X		
Tense	X		
Feeling overwhelmed	X		
Difficulty concentrating	X		X
Moody	X		X
Headache	X		X
Irritable/easily frustrated	X		X
Stomach growling			X
Dizzy/light-headed			X
Stomach empty			X
Thirsty		X	

# The Hunger Test – Step 2

Total the number of checkmarks in each column. Sometimes it's clear from Step 1 whether you're hungry.

If you have a tie between columns, move on to Step 2.

Step 2: how many hours ago did you eat?

If it's less than 4 or 5 hours, snacking urge is a response to emotion.

If it's more than 4 or 5 hours, it's probably bodily hunger.

# RAIN Practice

**Recognize** – that a mood, feeling, or emotion is present

**Accept** – that it is there for now

**Investigate** – the body sensations that tell you what you are feeling

**Note/Nurture/Non-identify**

- Sharpen awareness of sensations
- Offer yourself kindness
- Awareness is bigger than the emotion

# Body Scan

- = Bringing awareness to the body sequentially, part by part – going at the pace and level of “detail” that is right for you
- = A helpful way to start befriending the body

## Benefits

- Regular body scans make the Hunger Test easier to understand and reconnect us to the actual sensations of hunger
- The body scan is good to do when in bed, to steer you away from thinking as you move into sleep



# The Pleasure Plateau – Use It While Eating

- When you're slightly hungry, get one of your favorite foods.
- With the first bite, liking and wanting are both high.
- Pay attention after each bite. Is this more, same or less pleasurable than the last bite?
- If bites start to become less pleasant, **you've reached your plateau**. This is your brain's signal to slow down.
- Next – Build this into eating meals. Use your mouth as your guide and give your stomach 15 min to catch up - it takes 20 min after first bite for the brain to register fullness. Give your body time to process how much you've eaten.
- When you eat dessert after a meal, you reach the plateau more quickly.
- Stop eating when the bites are no longer pleasant – even if there's still food on your plate!

# Craving Tool Part 1 – use it before and during eating

## Pay attention

- To why you want to eat – stress, emotion, hunger, convenience
  - To what you are about to eat
  - As you eat each bite, until you finish eating
- How much did you eat? (from way too much to none)
  - How do you feel
    - Physically?
    - Emotionally?
  - What type of thoughts are arising (from awful to awesome)?
  - How content do I feel? (ask this now and in 5 and 15 minutes)

**Simplified: What am I getting from this experience of eating?**

# Craving Tool Part 2 – The Power of Imagination

1. Notice the craving
2. Vividly imagine eating what you're craving
3. Imagine the result
  1. The feeling in your stomach, such as, what it feels like when you eat too fast or go past full
  2. The effect of this eating on mood, energy level, emotions

How strong is urge to eat that type or amount of food now as compared to before the exercise?

If you are still craving, do the Craving Tool part 1 to gather more data. Focus on embodied experience. It's empowering not to be a slave to cravings.