



Habits: Examining Our Relationships with Nutrition, Mindfulness, and Change

Week 1: Introduction to Habits: From Worry to Raiding the Refrigerator

Tuesday, February 9 | 12:00 p.m.

Welcome and Habits: An Overview

- The structure of this program. Welcome everyone!
- We want this to be your program. Lori and I are grateful to be here with you, and to talk a bit about habits.
- Though we may facilitate, it is you that make this workshop meaningful.
- Interactive opportunities during the presentation. Please enter any questions that arise in the chat during the presentation.
- Time for a brief @ 15 minute check- in before we begin from about 11:55 am until 12:10. Between 12:50 and 1 pm, we will offer a check in to see if there are any questions, concerns, or anything you want to share – either via the chat or verbally.
- We are also always open for suggestions, and hope that you will share any additional comments with us either via chat or email.
- loriespe@inspirewellnessandnutrition.com
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We want to hear from you 😊

- What do you hope to learn and experience from this time together?
- What old habits would you like to be rid of?
- What new habits would you like to cultivate?
- What has your experience been in giving up "bad" habits or trying to adapt better habits?
- What is getting in your way?
- Any other question or concern
- Please enter in the chat or email us





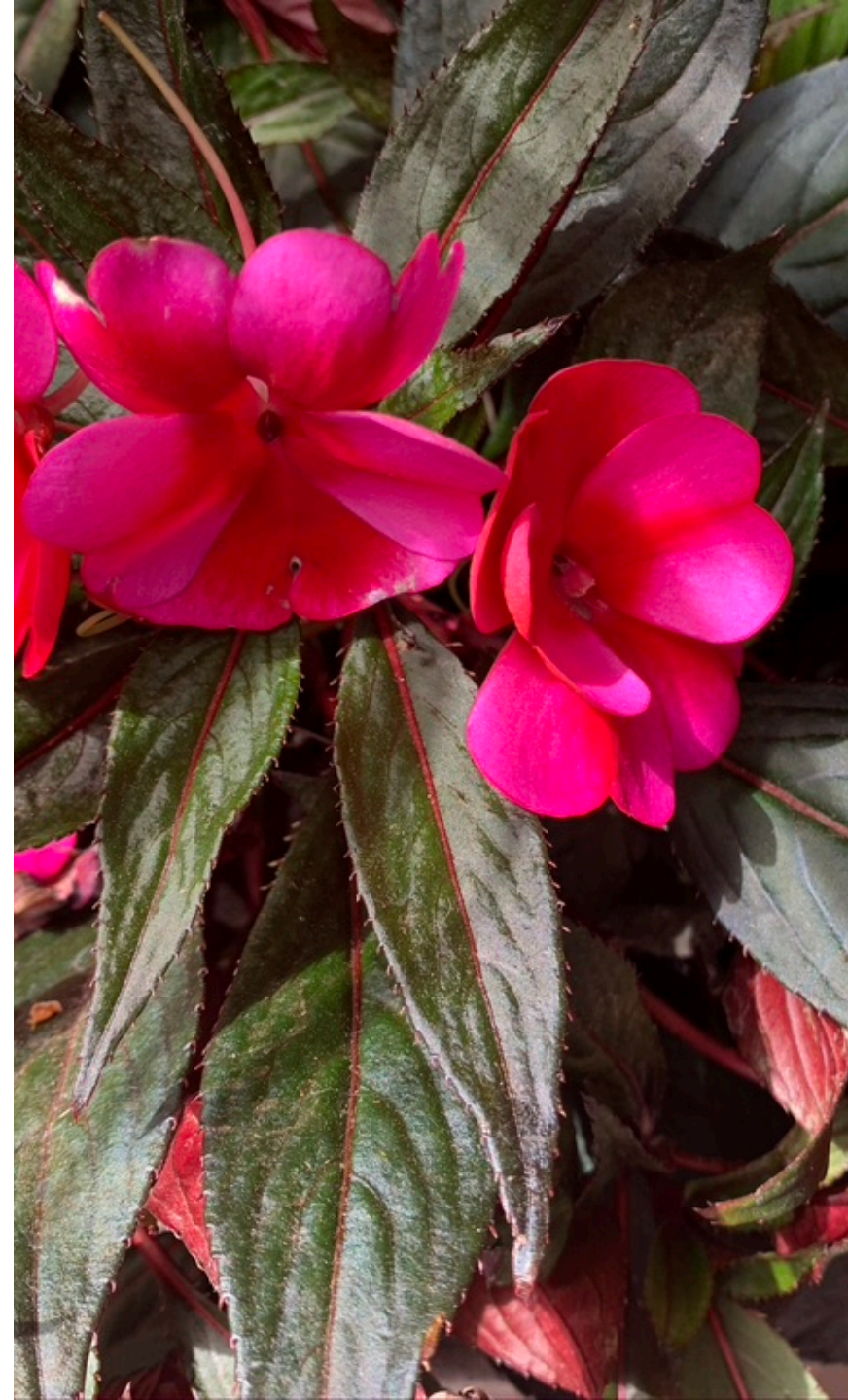
Awareness of Habits in Everyday Life Mind/Body/Heart

- Sleep (circadian rhythms)

- Exercise
- Relationships (self, others, nature, animals, etc.)
- The art and science of eating/how/what/where/when
- Family/Home life and environment
- Order/Organization/Planning
- Community
- Work (paid/volunteer)
- Recreation and Fun
- Lovingkindness

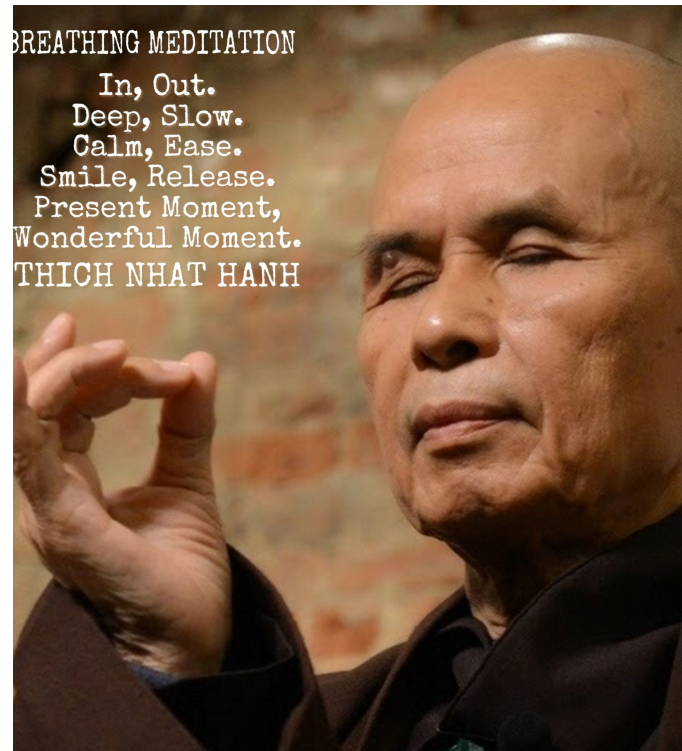
What Influences Our Awareness of Habits in Everyday Life

- Endocrine system (hormones)
- Emotions and Feelings: Worry, Fear, Anxiety, resistance
- Gut/Brain Axis
- Attitude
- Kindness
- Rest and Sleep



Smile

practice 1



- *“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” - Thich Nhat Hahn*
- SMILE
- I love when during meditation, Master Teacher Tara Brach offers the cue, "imagine a smile in the heart". She clarifies that this inner smile is 'not as a way of cover up anything, but rather to make room for what is.' This is very true for me. When I 'imagine' a smile, I feel an opening, a softening, a somatic expansion in my body. I feel more spacious.

The Definition of Mindfulness: Jon Kabat Zinn

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally,” says Kabat-Zinn. “And then I sometimes add, in the service of self-understanding and wisdom.”

Mindfulness, synonym: Awareness



A Buddha in Action, Thich Nhat Hahn

The word “budh” in Buddhism means to wake up. If you wake up to the beauties of nature, you are already a buddha. It’s not so difficult to be a buddha, just to keep up your awakening alive all day long.

And to wake up means also to wake up to the suffering in the world, and find ways to bring relief and transform. And that requires a tremendous source of energy. If you have a strong desire in you, that is the kind of energy that will help you to do these two things: to wake up to the beauties of nature and to heal yourself; and to wake up to the suffering of the world and try to help. That is the career of a buddha.

And if you have that source of strength in you, the mind of love, you are a buddha in action.

Thich Nhat Hanh

-



Habits: Worry, Anxiety and Fear,

Judson Brewer, MD

Sometimes fear is a good thing – it is an age -old protective system. It is the oldest survival mechanism we have

Environmental
cue (Trigger)
Behavior
Reward*

A Brain Hack to Break the
Coronavirus Anxiety Cycle
Uncertainty about coronavirus
spreads anxiety through social
contagion. Here's a way to
minimize that.

By **Judson A. Brewer, M.D.**
Published March 13, 2020
Updated April 1, 2020
Judson Brewer, MD

<https://www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html>

Anxiety and panic stem from
Fear

While fear is necessarily
protective, without accurate
information it may lead to
anxiety.

Drop into stillness and find that
BBO.

Judson Brewer, MD

- Introduce Dr. Judson Brewer's approach to cultivating habits that serve us well. His program uses mindfulness to help us understand how our minds work, why our minds default to well worn habits – both good and bad.

APPS:

- Eat Right Now® Get Control Over Eating Who: Eat Right Now was developed for anyone who has difficulty controlling their cravings, especially when stressed, anxious, bored, or trying to lose weight. What: Eat Right Now is a sequential 28-module program, with short daily exercises, that will help you learn how to work with craving-related eating right in the moments that it arises, and ultimately change the “habit-loop” that keeps it going.
- Breathe by Dr. Jud

Looking forward to the weeks ahead:

Obstacles to eliminating habits that don't serve us well and cultivating sustainable habits

- Getting out of our own way
- Understanding our “habit loop(s)”
- Unpacking the layers of habit loops
- What does this feel like?
- Awareness of feelings and emotions



Curiosity

- Creating Space
- Judson Brewer, MD's "Gears" Philosophy
- Unpacking the layers
- Creating and cultivating new habits
- Nutrition – what are options that will help me feel better?
- Tiny changes that can lead to big leaps in cultivating supportive habits



Lovingkindness and Compassion

- Supporting/Holding ourselves and others in Lovingkindness
- Reaching out to family, friends, community and the world
- Exploring how this feels



Bigger Better Offer (BBO)

Changing our relationship to that which is supportive

Mindful Eating

Gratitude

Lovingkindness

What does this feel like?

The Serenity Prayer, Reinhold Neibuhr



GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE

I Am an Old Man and
Have Known a Great
Many Troubles, But
Most of Them Never
Happened

Mark Twain or
Winston Churchill

Disclaimer

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- Laurie and Lori are not receiving any compensation for recommending any products or programs.

Resources

- Zinn, Jon Kabat, *Full Catastrophe Living*,
- The Power of Kindness, Judson Brewer, MD, <https://drjud.com/power-of-kindness/>
- Dr. Jud on the Dr. Drew Podcast, <https://drjud.com/dr-jud-on-dr-drew-podcast/>
- DR. JUD ON THE MAKING SENSE PODCAST: THE UNQUIET MIND, <https://drjud.com/dr-jud-on-making-sense-podcast-the-unquiet-mind/>
- Tara Brach, <https://www.tarabrach.com/>
- Sharon Salzberg, <https://www.sharonsalzberg.com/>
- Jack Kornfield, <https://jackkornfield.com/>

Turkey and Sweet Potato Chili, Lori Espe

<https://www.inspirewellnessandnutrition.com/recipes-blog/turkey-sweet-potato-chili>

- Ingredients
- Onion - 1 large diced
- Garlic – 3 cloves minced
- Turkey – ground lean – 1 lb
- Red pepper - 1 chopped
- Jalapeno – 1 finely chopped
- Zucchini – 2 medium chopped
- Sweet potatoes – 3 cups dices (21 ounces)
- Cumin – 1 Tbsp
- Turmeric – 1 Tbsp
- Salt – 2 tsp
- Black pepper – to taste
- Black beans – 2 – 15-ounce cans, rinsed and drained
- Crushed tomatoes – 1 28-ounce can
- Diced fire roasted tomatoes– 2 15-ounce cans
- Chicken broth – 4 cups
- Kale – 1 large bunch chopped
- Lemon – 1 juiced
- Condiments: avocado, tortilla chips



Creek Ice Creations

- In summary, we begin with awareness. We begin by noticing our breath, sensations and feelings in our bodies. We also continue to develop an awareness using all of our senses in the world around us.
- None of the creek ice creations shown above remain. They were gone in a few days. The high water created them following our snow-melt and a day of rain. The sun gave them sparkle and then melted them away. I almost missed them. We saw them first as we crossed the bridge over Muddy Creek on our morning walk. On our way back we looked more closely and then I went for my camera saying, "I better do this now." I gave myself to the depth of seeing the camera encourages in me. Moving in close I was carried into a magical world. The shapes, the patterns, the intricate detail within their frozen structures. So much beauty built on twigs and grass and even some trash hanging off of tree limbs. A crystalline kingdom for a few days, then gone. I love the way H₂O shape shifts in its manifestations. I love how what is hidden is revealed and then disappears again. The hoarfrost covering the fields these wintery mornings transforms in seconds when the sun hits it. The beautiful patterns of snowflakes go mostly unseen as they pile up to create another beauty on the trees and fields. Then the snow melts and the ice castles manifest.

They are all our teachers. They hold finitude on a scale that we can see and experience. In our lives we mostly talk ourselves out of our finitude. We suffer the illusion that things last. The pandemic has certainly chipped away at that. Winter's landscape and the play of creation in all its forms, offer us a gentler invitation to be with the beauty revealed in what won't last. Eternity doesn't stand unchanged outside of time. It is knit to the depth of every fleeting moment, every single creation that is here today and gone tomorrow. This day invites our attention. This day is reaching for our presence.

Love and Peace, Glenn

