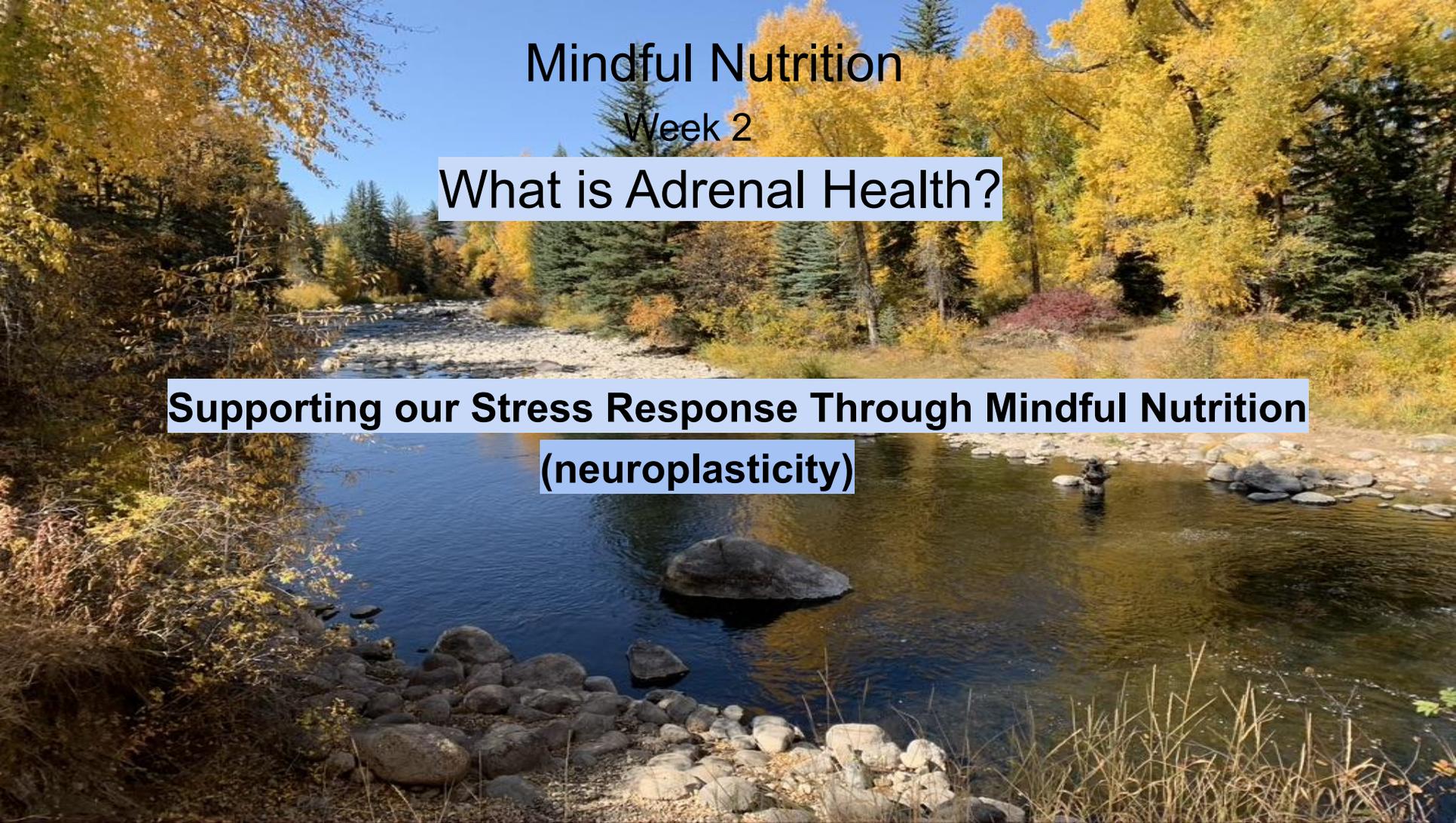




September 29, 2020
Mindful Nutrition

Nourishing our physical, mental and emotional well-being through mindfulness



Mindful Nutrition

Week 2

What is Adrenal Health?

**Supporting our Stress Response Through Mindful Nutrition
(neuroplasticity)**

Disclaimer

Lori Espe and Laurie Robinson are not accepting any compensation from any organization or business represented herein.

The materials found in this course are not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional.

The Serenity Prayer

-Reinhold Niebuhr

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

Stress Management; Know your triggers

- Mayo Clinic

***Your response* to the demands of the world determines your stress level. Take time to consider common stressors and how they affect you.**

Threat

Reward

Stress Reaction



Threat

Reward

Stress Reaction

Mindfulness/Awareness/ Breathing



Mindfulness/Awareness/Breathing

Creating Space

holding yourself in Lovingkindness

holding the stressor/situation in lovingkindness, or simply allowing it to be as it is

Stepping out of the situation

walking meditation

“Getting out of our own way”

non- judgment for yourself and the situation- even if possible for only a few minutes

Use Breathing to anchor your focus

notice what is happening in your body/ How do you feel?/ Where do you feel it?

Allowing what is here to be here

Feeling what is here to be felt

Stress from Technology

Mindfulness meditation involves paying attention to the present moment — your thoughts, emotions and sensations — whatever is happening. Research has shown that mindfulness practices improve working memory and focus, training the mind to let go of distractions. “The digital world has been engineered for distraction, and with quick hits from social media, we don’t see how unrewarding these distractions are,” said Judson Brewer, the director of research and innovation at Brown University’s Mindfulness Center and associate professor of psychiatry at the university’s medical school. Dr. Brewer suggests experimenting by leaving on all your phone’s dings and tweets for 20 minutes and asking yourself: “How focused can I get? What does it feel like?” Then turn off all the notification sounds for 20 minutes and ask the same questions.

“Compare those two, and the brain will make the obvious choice — being focused feels better,” Dr. Brewer said. “If we can see that focus is rewarding, we can lay that down to memory.”

Subtleties of Stress

Distractions:

Check in with yourself

The state of the world is enough to fog anyone's brain. "The reason we lose focus most of the time is because we are looking to escape some kind of discomfort, such as stress, anxiety, loneliness or boredom," Mr. Eyal said. If watching or reading the news increases your anxiety, limit the time you spend doing it. If you feel lonely or disconnected, schedule time in your day to speak with family or friends. If you're bored, take a break and pursue a new hobby.

Cravings

How do we bring mindfulness to meet our cravings?

Acknowledge that our cravings are a form of stress - if they are strong enough, we feel controlled by them- we feel out of control. If these cravings persist we can find that they contribute to our chronic stress, so we want to deal with them.

Stop/Breathe/Be

Ask: What are you feeling in your body right now? Are you hungry? Thirsty? Feeling stressed? Bored? Anxious? Sad?

You may try a little yoga or gentle movement, mindful walking - then see what you are still feeling.

Cravings - experiment

Raisin experiment

What can we learn from this?

- 1) It slows us down - imagine noticing each pea on your plate - or each bite of food in this way
- 2) It reminds us to give thanks - for the growers, the harvesters, the people packaging it... for the people who prepare our food and serve it.
- 3) We pay attention to the texture, the feel, the size, the taste, the detail of what we put into our mouth
- 4) Does what we put into our mouth really taste good - what does it taste like? Can you taste the freshness, does it have too much sauce? How is it prepared?

Cravings: Have your cake and eat it too

Re: Dr. Brewer's approach to smoking cessation

If you are truly craving something sweet and delicious - go find a small delectable cake or if it is fast food you crave, make a trip to get what it is you crave (if you feel safe doing so in our current environment).

Now, from this small sample - take a small-ish wedge (as though you were cutting a piece of pie). Wrap the rest up or give it to a friend. Noticing what it is that draws you to this food, by looking at the details. Then thank yourself for your generosity and help yourself without judgment- just to this smallish wedge. Then as in the raisin experiment eat it slowly with full awareness of the texture, taste and especially its ability to satisfy your craving. Was it all that you hoped for in taste and satisfaction? How do you feel after you have eaten it?

A note about Discipline

Replacing old habits that don't serve us well with regular nourishing and healthful habits - requires practice - both in mindfulness practice, and in repetition of trying to establish new lifestyle habits, a new awareness of which Lori is deftly inspiring us.

Consider how we might feel after we have eaten a steady diet of fast food, scarfing it down at times, and spending most of the time sitting on the couch.

Now consider adopting some of Lori's recommendations - of eating fresh whole foods and walking or exercising regularly. Can you imagine that you may feel a difference in your body? Would feeling better (the bigger better offer) help you stay with the new lifestyle program?

The same is true with regular mindfulness practice. At first we may have to make a regular commitment to it because we know that when we practice, we feel better. We want to carry this feeling of equanimity/peace of mind more consistently into our daily lives. Just like exercising muscles and our bodies, we begin to practice because we feel better and a sense of mental fitness. We trust the process,

Equanimity

Balance for the soul. Mental calmness

In **Buddhism**, **equanimity** (Pali: upekkhā; Sanskrit: upekṣā) is one of the four sublime attitudes and is considered: Neither a thought nor an emotion, it is rather the steady conscious realization of reality's transience. It is the ground for wisdom and freedom and the protector of compassion and love.

Not a goal, rather an intention

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Summary: Mindfulness Helps to Manage Stress

Inner Awareness: of thoughts, feelings and emotions

Welcoming all as part of your experience

Meta awareness - we are aware that we are noticing these things

Notice, identify and help to manage pain

Notice, identify and manage food cravings and sensitivities earlier

External awareness- more aware of the emotions and feelings of others

Increased level of compassion, love and care of self and others

Activity in the Amygdala is reduced, thereby reducing the level of stress

Increased ability to focus

Ability to change your attitude and relationship to your stressors

Ability to switch from “Doing” to Being Present

Apps for Mindfulness Meditation

There are many apps with guided meditations to help you learn and develop mindfulness. The [Headspace](#) app recently introduced a Focus mode, aiming to help people focus on “what matters most to them.” It offers meditation exercises like “preparing for a presentation” and “unlocking creativity,” “exam prep” and “ending your day.” Focus music is curated by John Legend, the musician and Headspace’s chief music officer, and includes a variety of playlists. The songs are all instrumentals so as not to distract listeners with lyrics.

Eat. Right. Now. App, Judson Brewer, <https://goeatrightnow.com/>

Presence and Practice

Antidote for Stress: The Bigger Better Offer

One may experience calm, stillness -

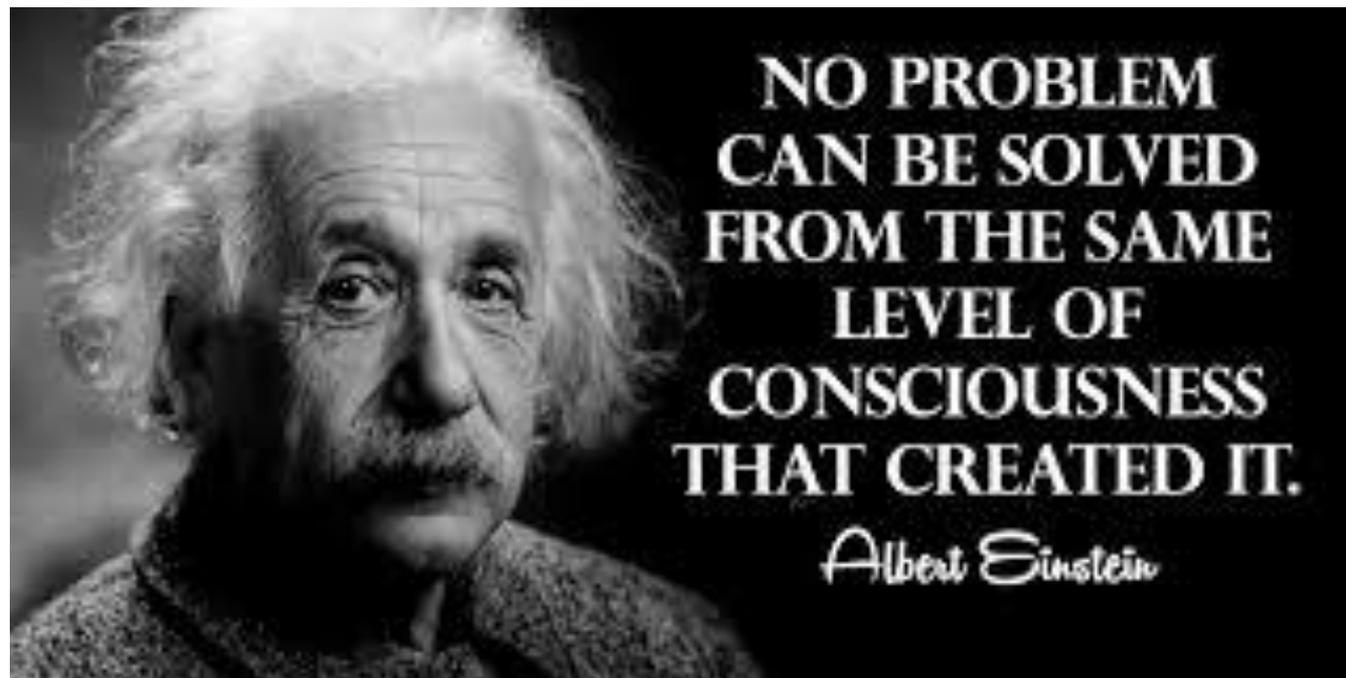
Sometimes...

Presence and Practice: Is it ever not recommended?

Mindfulness Practice may increase anxiety, cause irritability, impatience (I want to get up - get out of this place)...

Good to persevere -

Exception: during times of intense grief, acute depression, trauma, etc., then mindfulness practice is contraindicated - unless under the supervision of a physician.



**NO PROBLEM
CAN BE SOLVED
FROM THE SAME
LEVEL OF
CONSCIOUSNESS
THAT CREATED IT.**

Albert Einstein

Anthem

-Leonard Cohen

The birds they sang
At the break of day
Start again
I heard them say
Don't dwell on what
Has passed away
Or what is yet to be...

...Ring the bells (ring the bells) that still can ring
Forget your perfect offering
There is a crack in everything (there is a crack in everything)
That's how the light gets in

References

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Jon Kabat Zinn

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Mindfulness for Beginners

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