

Embodying Nonjudgment.



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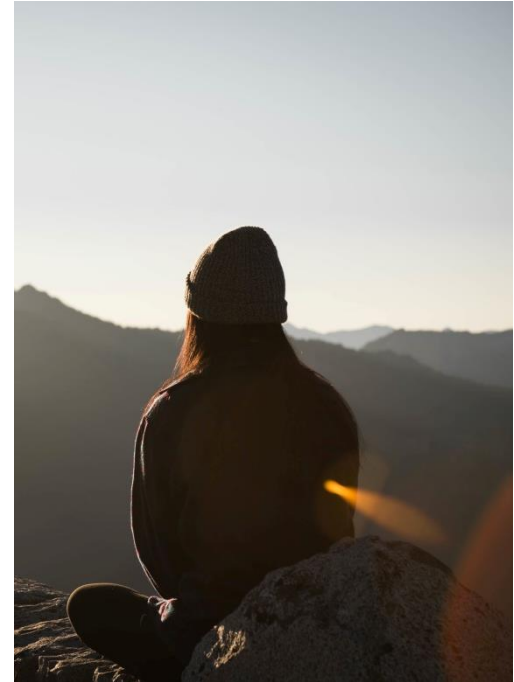
Current Board Member of The Center for Mindful Eating
Owner and founder of Straightforward Nutrition

Objectives

- Exploring voices of judgment, both external (Diet Culture) as well as internal (Inner Critic)
- Exploring how we can use the approach of Mindful Eating to help our clients in creating a non judgmental relationship with food, eating and their body.
- The next steps for Mindful Eating Day 2019 – Creating social media content for the month of January.

The Inner Critic – Internalised Judgement

- Awareness of our Inner Critic
- How loud is your Inner Critic?



From Self criticism to Self compassion Embodying Non Judgment

- How can we work with our Inner Critic?

(Start thinking about ways we can help people do this which are supportive and can be incorporated in ME 2019)



Diet Culture!

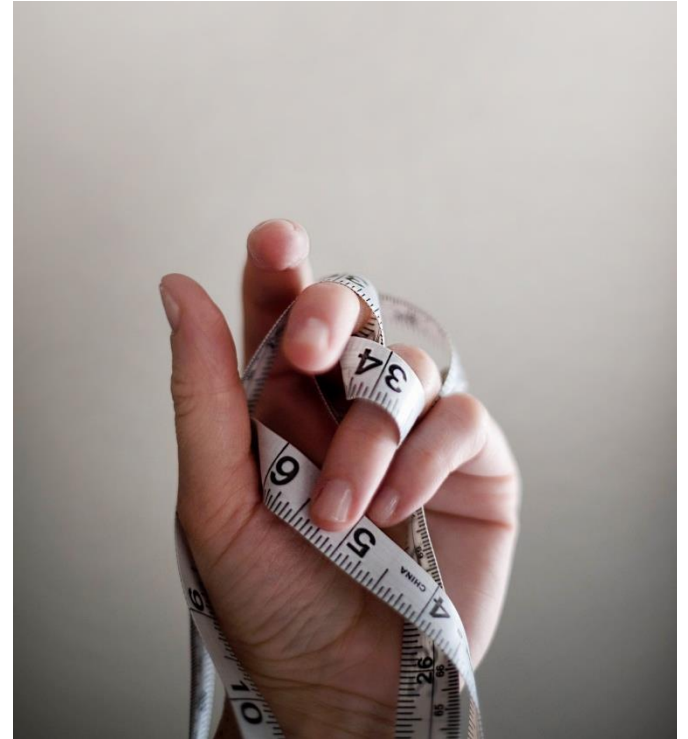
- Not enough / Not good enough
- Shame and Fear driven
- Using control to avoid shame and fear
- Disconnection from body and internal cues
- Externally motivated

Where does Diet Culture show up?

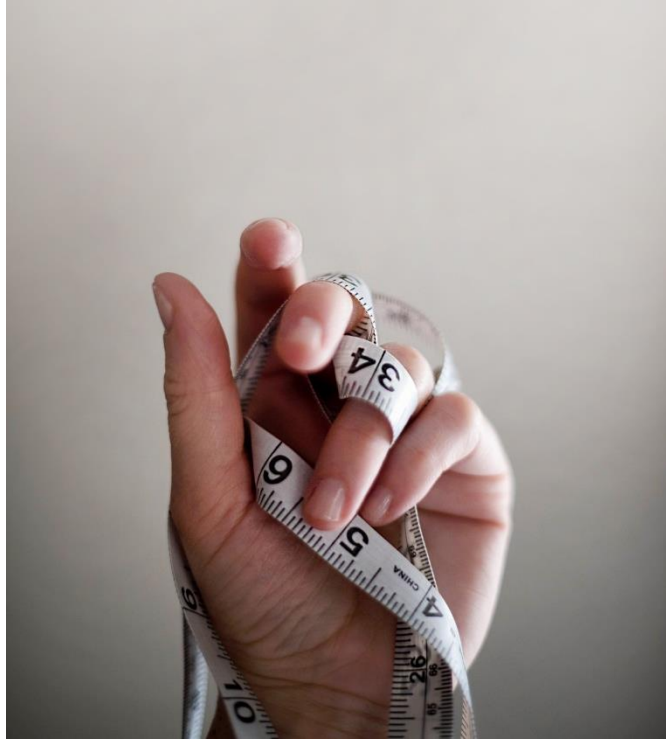


Diets and Dieting

- Self Criticism vs. Self Acceptance
- Black and White Thinking
- Judging our choices (as well as perhaps those of others')
- Judgment of bodies / appearance



Diets and Dieting



- Letting go of the message that Thin = Health
- We cannot make respectful choices from a place of judgment



A primary focus on weight is a diet!

We do not have an ethical way to help patients intentionally lose weight and keep it off.

This statement may chafe at many health professionals, however;

The key is understanding **INTENTIONAL weight loss by engaging in RESTRICTIVE EATING is unsustainable.**

RESTRICTIVE eating that focuses on weight, calories or specific food elimination which doesn't meet a person's emotional, mental or physical needs, **results (over time) in harm because those unrecognized needs are not being met.**

This **is different** from eating with some restraint (looking at our needs and ***making choices to meet those needs AND not harm ourselves***)

RESTRAINT is often the outcome of intuitive and mindful eating because it asks a person to PAUSE and to make choices in favour of self-care and self-kindness.

Pursuing weight loss encourages a person to overlook other important needs because it overvalues appearance, the Thin Ideal, and/or weight.

We also need to recognise that even though people may engage in health promoting behaviours, weight may NOT change. Keeping weight as the primary focus diminishes these important self care behaviours.

The long-term harmful effects of weight cycling and weight bias remain a concern for HAES professionals and need to be studied and evaluated *instead of promoting restrictive eating programs, plans, and products.*

TCME's stance is a weight neutral approach.

Health At Every Size + Mindful Eating = A Natural Fit



Health At Every Size

- Health Enhancement
- Size and Self Acceptance
- The pleasure of eating well
- The joy of movement
- An end to weight bias

(The tenets of Health At Every Size, by Karin Kratina & Ellen Shuman, *Moving Away from Diets*)

Mindful Eating

- Bringing mindfulness to the table
- Kindness
- Compassion
- Non judgmental awareness
- Being present with what is - acceptance
- Creating space for flexibility and choice

ME 2019

A full month of engaging with the public in our closed FB group celebrating the message and practice of Mindful Eating



What's Next?

- Participants will create content for 1-2 days each that ties in with our theme of embodying non judgment and Stepping in to Mindful Eating
- Share your wisdom, insight and knowledge in a way that will help members of the public develop and deepen their mindful eating practice



What's Next?

- Explore TCME resources on website as well as what explore the concepts Megrette mentioned in prev. Webinar.
- Make sure you own copyright our use any royalty free images (Pexel & Unsplash are good royalty free sites)



What's Next?

- The deadline for submitting your ME content is Oct 1st 2018.
- You will be provided access to Google Doc to upload your content.
- In the live webinar on Aug 27th we will discuss together as a group on ways we can show up embodying non judgement.



Don't forget to join the FB group where we can have conversations and help each other out as we are creating our daily content for the month of January!

