

DEDIKATE REPAIR

The DediKate Philosophy

We are a group of women supporting women to reach their health and wellbeing potentials. We support and educate you to love your body and care for it through healthy movement, nourishment and mental wellbeing.

What is DediKate Repair?

DediKate Repair is a 5 week Intuitive Eating education programme designed to help you develop a healthier relationship with food and your body.

DediKate's qualified Intuitive Eating Counselor and Nutritionist, Amy (MSc), will be teaching you evidence-based intuitive eating techniques to;

- get you in tune with your body's wants and needs
- take the fear out of food
- help you to appreciate the very capable body you live in.

As women too often self-doubt, guilt and shame intrudes on our thoughts and emotions around food and our bodies. This can have a huge negative impact on your quality of life. To reach our full potential we have to nurture a good relationship with food and ourselves.

Congratulations for being here and for showing up for yourself today! This may be an emotional journey but together we will work through your individual issues and start to repair the most important relationship you have, your relationship with yourself!

Meet your Nutritionist

Amy Allport is a qualified Intuitive Eating Counselor and Nutritionist with a Bachelor of Science in Nutrition and Health, a Masters Degree in Sport and Exercise Nutrition. She has worked in the health and fitness industry for 10 years. In that time she has worked in health intervention for local government in England and ran a successful nutrition consultancy in New Zealand for 5 years before joining the DediKate team. Amy is no stranger to working with unhealthy relationships with food, both personally and professionally. This has fueled her passion to support women in developing their confidence and intuition over their own health and nutrition choices. She knows all too well that this is a journey, but one that starts with knowledge and empowerment.



week

01

Rejecting Diet Mentality

What is Intuitive Eating?

Intuitive eating is an approach to eating based on mental and physical wellness around food choices rather than dieting, restriction and fat loss. It looks to encourage eating from a place of personal intuition, without fear or shame, whilst protecting your relationship with food and your body.

1

UNCONDITIONAL PERMISSION TO EAT

Allowing yourself to eat any foods without restriction to your level of satisfaction based on your preference and feelings at the time. This will not lead to any compensatory behaviour and/or cause an emotional response such as guilt.

2

EATING FOR PHYSICAL RATHER THAN EMOTIONAL REASONS

Being able to eat in response to genuine hunger levels or plan eating successfully around your lifestyle to support yourself physically as an act of self-care, instead of eating to pacify an emotional response.

3

RELIANCE ON INTERNAL HUNGER AND SATIETY CUES (TRUST)

Knowing that you can trust your body to alert you when you need to eat and that it will also give you signals of when to stop, meaning reliance on internal cues allows flexibility within your unconditional permission to eat.

4

BODY-FOOD CHOICE CONGRUENCE

Choosing food based on the knowledge and experience you have of your own body and what makes you feel good in the short and long term.

Dieting Interferes With These Principles Through;

Promotes All or Nothing Mentality

On diets you may start to view adherence to the diet as 'virtuous', therefore creating your own interpretation of 'sinning' as anything outside of the diet. This causes the What-the-Hell effect where you self sabotage due to the perceived 'sinning'.

Foods Heavily Restricted

Diets may class certain foods or food groups as 'bad' or 'disallowed' leading to an intense feeling of guilt when said foods are eaten, which often leads to over restriction or compensatory behaviours. This can create a see-saw effect of restriction and binge.

Increased Hunger

Aggressive dieting can increase physiological hunger which makes it harder to listen to fullness and satiety signals often leading to over-eating, binge eating or a feeling of being a 'bottomless pit' even long after the diet has ended.

External cues Guiding Eating

Diets provide rules and regulations in the form of external cues which dictate when and what to eat, taking you further away from listening to your internal cues.

Promotes Food Insecurity

Dieting and restriction promote a feeling of food insecurity. That feeling of 'this is my last chance' when you're eating tasty foods. This sparks your inner rebellion and creates a binge borne from your own dietary rules.

Studies have shown that around 35% of dieters will progress to disordered eating, which is a clear sign of an unhealthy relationship with food (Shisslak & Crago, 1995). If you are in this category of people who eat in a disordered manner please know that you are not alone! However, you should avoid dieting and work on repairing your relationship with food instead. You are reading this booklet so well done, you're on your way to making that repair.

Activities

Activity 1:

Carry out the tick box answers for the Intuitive Eating Assessment Tool. This will help you to identify where you most need to improve your relationship with food.

Activity 2:

From the above activity identify areas that need some work for you and write your specific goals to achieve this on the Relationship Goals worksheet.

Activity 3:

Keep a nourishment diary and highlight where these goals have been achieved in one colour and where there are good examples of where you need to implement these goals in another colour.

Intuitive Eating Assessment Scale---2

This quiz will assess whether you are an Intuitive Eater, or perhaps where you might need some work. It is adapted from Tracy Tylka's research on Tribole & Resch's model of Intuitive Eating [1,2,3]. This updated assessment was validated for use with both men and women, and includes a new category, Body---Food Choice Congruence, which reflects Principle 10 of Intuitive Eating—Honor Your Health with Gentle Nutrition.

Directions: The following statements are grouped into the three core characteristics of Intuitive Eaters. Answer "yes" or "no" for each statement. If you are unsure of how to respond, consider if the description usually applies to you—is it mostly "yes" or "no"?

Section 1. Unconditional Permission to Eat		Y	N
1	I try to avoid certain foods high in fat, carbs or calories.		
2	If I am craving a certain food, I don't allow myself to have it.		
3	I get mad at myself for eating something unhealthy.		
4	I have forbidden foods that I don't allow myself to eat.		
5	I don't allow myself to eat what food I desire at the moment.		
6	I follow eating rules or diet plans that dictate what, when and/or how to eat.		
Section 2. Eating for Physical Rather than Emotional Reasons			
1	I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry.		
2	I find myself eating when I am lonely, even when I'm not physically hungry.		
3	I use food to help me sooth my negative emotions.		
4	I find myself eating when I am stressed out, even when I'm not physically hungry.		
5	I am not able to cope with my negative emotions (i.e. anxiety and sadness) without turning to food for comfort.		
6	When I am bored, I eat just for something to do.		
7	When I am lonely, I turn to food for comfort.		
8	I have difficulty finding ways to cope with stress and anxiety, other than by eating.		
Section 3. Reliance on Internal Hunger/Satiety Cues(Trust)			
1	I trust my body to tell me when to eat.		
2	I trust my body to tell me what to eat.		
3	I trust my body to tell me how much to eat.		
4	I rely on my hunger signals to tell me when to eat.		
5	I rely on my fullness (satiety) signals to tell me when to stop eating.		
6	I trust my body when to stop eating.		
Section 4. Body---Food Choice Congruence			
1	Most of the time, I desire to eat nutritious foods.		
2	I mostly eat foods that make my body perform efficiently (well).		
3	I mostly eat foods that give my body energy and stamina.		

Scoring

- **Sections 1---2:** Each "yes" statement indicates an area that likely needs some work.
- **Section 3---4:** Each "no" statement indicates an area that likely needs some work.



SOURCES:

- [1] Tylka, Tracy L. (2006). Development and psychometric evaluation of a measure of intuitive eating. *Journal of Counseling Psychology* 53(2), Apr:226---240.
 [2] Tylka, T.L. (2013). A psychometric evaluation of the Intuitive Eating Scale with college men. *Journal of Counseling Psychology*, Jan;60(1):137---53.
 [3] Tribole E. & Resch E. (2012). *Intuitive Eating* (3rd ed). St.Martin's Press, NY:NY.

Relationship Goals

After you have completed the Intuitive Eating Assessment sheet (Activity 1) please go through and highlight what in your relationship with food and your body you would like to work on improving.

What would you like to work on?

What can you do to move towards these goals?

Please fill out your nourishment diary highlighting where you have moved towards goals and where you could have implemented some improvements.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Comments
MEAL 1								
MEAL 2								
MEAL 3								
MEAL 4								
MEAL 5								
MEAL 6								
MEAL 7								

Fill out this nourishment diary with everything that you eat and drink everyday as accurately as possible. Every time you eat, consider it a 'meal' and put it into a new box. You do not need to fill all 7 meal boxes everyday, simply leave boxes blank as per your normal way of eating.

week

02

Achieving Attunement

Interoceptive Awareness

Interoceptive awareness is your ability to detect physical sensations such as listening to internal hunger, fullness, urination and tiredness cues. A great experiment to test your interoceptive awareness is to try to detect your heart rate without checking your pulse.

Physical sensations are not there to be ignored or to feel guilt or shame for. We should be able to listen to our hunger and fullness the same way we listen to our need to use the bathroom. You may have lost touch with your internal cues for eating through overexposure to external cues e.g. dieting, food rules as children. However, interoceptive awareness can be relearned.



How to Improve Interoceptive Awareness?



Eat Regularly

Eat regularly and consistently until you are satisfied, excessive hunger will reduce your ability to listen to fullness. Make a plan that works for you e.g. 3 meals and 3 snacks.



No 'Good' or 'Bad' Foods

This encourages a hyper focus on the 'bad' foods leading to exaggerated cravings and sometimes binges on what you perceive as 'bad' foods.



Wholefoods

Whole foods allow us to listen to cues better without triggering our brain to crave more, like highly palatable and processed foods often do.



Nourish your Body

Meeting all of your nutrient requirements can reduce hunger and stop cravings making interoceptive awareness easier. Try to include proteins, carbohydrates and fats in each meal, incorporating an abundance of fruits and vegetables.



Foods of Sustenance

Choose sustaining foods that will satisfy you for the long run not just what you think you should eat, sometimes salads and rice crackers don't cut it. Listen to your body.



Mindful Eating

Stay in the moment with your food; this promotes enjoyment and satisfaction from food and reduces distraction away from your internal cues.



Save It

Allow yourself to save the food for later whenever you are satisfied with no restriction. This makes it easier to come to terms with letting it go once you reach satisfaction.



Move on After Indulgence

Moving on and forgiving yourself after an over indulgence or less than healthy food is a huge part of developing a healthy relationship with food and your internal cues. No compensatory behaviours, carry on eating as normal.



Take a Mental Note

Learn from experiences with your food, notice what will keep you fuller for longer, and remember what really satisfies you for future reference.



“IF YOU ARE ACTIVELY IGNORING CERTAIN SIGNALS FROM YOUR BODY, LIKE HUNGER, THEN HOW DO YOU EXPECT TO BE ABLE TO BE ATTUNED TO OTHERS, LIKE FULLNESS?”



What if interoceptive awareness is low?

In some instances, you may have very low interoceptive awareness in which case asking you to eat mindfully and stop when you are satisfied may not quite work for you at this time. This is a completely normal place to start. The first steps for you, in this case, would be to...

Focus on basic self-care tactics:

Reduce stress, get 7-9 hours sleep, move your body, stop any damaging behaviours to your wellbeing such as abusing alcohol etc.

Nourishment:

This does not mean that you have to eat exclusively nourishing food, give yourself permission to eat it all, but do make sure that you include healthy, nutrient-dense foods every day as part of your self-care.

Eating schedule:

If you eat in a chaotic manner due to distraction or diet influences then you may have created your own food insecurity. You should set up regular feedings and keep them very consistent, regardless of what the actual food is. Make it work for your lifestyle and commit to it.

Activities

Activity 1:

Complete the 'Are You Getting the Basics?' worksheet (Activity 1) to identify where you want to improve self-care behaviours.

Activity 1.2:

Complete the Self-care Goals worksheet to identify what self-care behaviours you want to work on and write personal goals that you can implement to improve these.

Activity 2:

Complete the Satiety Cues Discovery worksheet to work on identifying internal hunger, fullness and satisfaction cues around your eating choices. Please use the Satiety Cues Description sheet for reference.

Are You Getting the Basics?

It's difficult to expect someone to be attuned to their mind and body if they are chronically sleep deprived, work too much, and so forth. Answers to these questions will give you a sense of your self-care patterns.

How much sleep do you get on average?	
What time do you usually go to sleep and wake-up?	
How many hours per week do you work, including at home?	
How often do you get together with friends?	
Would you describe your usual eating pattern as chaotic? (Such as going long periods without eating or skipping meals.)	
How often do you get outdoors?	
How are you at setting limits with people—especially friends and family?	
Do you say “yes” to little things that pile up on you? (Hoola Hoop Effect)	
Do you tend to be a perfectionist?	
Do you have any spiritual practices?	
How often do you drink alcohol? And how much per occasion?	
Do you feel guilty if you are “not productive”?	
What do you do to relax?	
How would you rate your current stress level on a scale of 1-10 (10 being the highest)?	
How often do you engage in physical activity, such as walking, gardening, or dancing?	

Self-Care Goals

Use the Self-Care Assessment worksheet to identify self-care goals and set achievable aims.

Self-Care Goal:	
How I will achieve this:	

Self-Care Goal:	
How I will achieve this:	

Self-Care Goal:	
How I will achieve this:	

Self-Care Goal:	
How I will achieve this:	

Self-Care Goal:	
How I will achieve this:	

Self-Care Goal:	
How I will achieve this:	

Satiety Cues Description

To get in touch with the nuances of your satiety cues, it helps to check in many times throughout the day. A handy way to do this is by using a rating scale from 0 to 10, where 0 is painful hunger and 10 is painful fullness. Many researchers use a rating system like this when they are evaluating hunger and fullness issues (which is known as a visual analogue rating). This type of rating is also used for pain, when you are admitted to the hospital, because like hunger, pain is a subjective feeling. That's why there is no right or wrong number, this is merely a method that helps you listen and become attuned to your hunger cues. The following chart gives qualitative descriptions of the 0 to 10 scale in more detail.

Rating	Description of Hunger and Fullness Sensations	Overall Quality of Sensation		
		Pleasant	Unpleasant	Neutral
0	Painfully hungry. This is primal hunger, which is very intense and urgent.		X	
1	Ravenous and irritable. Anxious to eat.		X	
2	Very hungry. Looking forward to a hearty meal or snack.	X		
3	Hungry and ready to eat, but without urgency. It's a polite hunger.	X		
4	Subtly hungry, slightly empty.			X
5	Neutral. Neither hungry nor full.			X
6	Beginning to feel emerging fullness.			X
7	Comfortable fullness. You feel satisfied and content.	X		
8	A little too full. This doesn't feel pleasant.		X	
9	Very full, too full. You feel uncomfortable, as if you need to unbutton your pants or remove your belt.		X	
10	Painfully full, stuffed. You may feel nauseous.		X	

week 03

Coping with Emotions

Are you really an emotional eater or addicted to food? Before labelling yourself in this way let's explore a number of different scenarios that could be affecting you and leading you to identify in this way.

Ability to listen to interoceptive awareness is depleted in a number of scenarios;

Acute Undereating

Acute undereating causes increased hunger and 'hanger' which can surface more readily in an emotional state, however the emotion did not necessarily cause the cravings or the compensatory eating behaviour, the undereating did.

What to do:

Ensure you are eating enough food consistently



Sense of Control

Having a sense of a loss of control in areas of your life may lead you to undereat or overeat as a form of control or release. This is often how an eating disorder begins. It may not be a particular emotion but a general feeling of overwhelm that sparks this reaction.

What to do:

Practise self empowerment through self-care (may require professional help)



Sedation

Complex emotions and mental health may affect your eating behaviours if you are using it for sedation or distraction. You may feel like food gives you a mental break from a problem or literally causes a trance like state where you feel 'safe'. In this situation you are using food as a coping mechanism for much larger issues.

What to do:

Seek help from health professionals



Psychological Association

You may have created a psychological association between an eating behaviour or food and an emotion or scenario e.g. When I'm happy and we watch a movie I eat sweets, when I'm stressed I drink alcohol, when I've had a bad day I give myself a night off cooking and eating takeaways. The emotion did not cause the eating behaviour your own psychological association did.

What to do:

Swap for a healthier habit



Awakening an Inner Rebel

Dieting restrictions often eventually awaken an inner rebel that tells you to fight the power (of the diet) and just eat the food. Often you will have an internal argument with this inner rebel and be able to suppress their rebellious nature, however when you are less resilient the rebel may win. e.g. When you are stressed, sad etc. it may not be these emotions that cause your eating but dietary restrictions antagonising the inner rebel that did it.

What to do:

Drop all restrictions around food to silence the rebel



If you seek enjoyment in food and stop when it loses its taste or enjoyment factor you are likely eating for biological or habitual reasons.

If you eat food regardless of enjoyment or what it is or eat out of compulsion you are likely eating as a coping mechanism.

The main ways we can explore to deal with our emotions in a healthier way are to:



Use a healthier distraction to get out of a habit



Look for support in dealing with our emotions



Deal with the emotion head on and work through it



Carry out acts of self-care to eliminate hunger and other basic needs which affect our emotions.

Just a quick note on forgiveness.

Forgiveness of yourself for unhealthy eating as a coping mechanism is part of the recovery process. This is rarely a linear journey and as such, old coping mechanisms are likely to happen again. You can't hate yourself for it, you must let it go! If not, you will remain in an unhealthy cycle.

Activities

Activity 1:

Complete the Coping with Feelings and Stress worksheet to help you to identify where your stress or feelings may be coming from and when you are more likely to use food to cope with them.

Activity 2:

Use the Deconstructing Eating Behaviour sheet in times of high emotion or problematic cravings/situations with food. This should help you to identify what you need, to cope with your feelings in the moment. Take notes or use it as a mental practice.

Coping with Feelings and Stress*

Check any of the following statements that apply to you.

I eat when I am frustrated, stressed or upset with myself.	
I find myself eating to avoid dealing with problems.	
It seems like I have no control over my life.	
When a problem arises, it's hard for me to make a plan and follow through.	
I have trouble saying "no" when I need to.	
My family doesn't support me when I have problems.	
I don't like to burden my friends with my problems.	
I have difficulty talking about my feelings.	
I tend to be impulsive.	
I worry about what people think of me.	
I feel the need to make others happy.	
I do not feel secure in my life.	
I have trouble dealing with stressful situations.	
I feel out of control with my eating when I feel overwhelmed or stressed out.	
I don't trust myself around food.	
I often feel hopeless.	
I tend to be a "people-pleaser".	
It's hard for me to stop eating when I'm full.	
My life seems out of control.	
I eat what I really want (such as candy) when no one is around.	

*Adapted from Ozier AD et al (2007). The Eating and Appraisal Due to Emotions and Stress (EADES) Questionnaire: Development and Validation. J Am Diet Assoc. 2007;107:619-628.

Deconstructing Eating Behaviour

Some people cope with uncomfortable feelings and unmet needs by eating, binge eating, or food restriction. Use the two questions below to better cope with thoughts and feelings that you may struggle with, identified in Activity 1.

What am I feeling, now?

(Refer to this list of feelings, if needed. Or if none of these descriptions seem to fit, try the description, “uncomfortable”, and see if that resonates for you).

Fearful	Angry	Sad	Joyful	Disgusted	Surprised	Shame
edgy	exasperated	dejected	amused	appalled	amazed	disgraced
frightened	hostile	gloomy	delighted	contempt	astonished	embarrassed
nervous	irritable	grief	gratified	distain	dumbfounded	guilty
scared	outraged	hopeless	happy	indignation	flabbergasted	humiliated
wary	resentful	lonely	satisfied	repulsed	shocked	mortified
worried	vengeful	sorrow	silly	revolted	startled	remorseful

What do I need, now?

What do I need, right now, to deal with my current feelings? Refer to ideas below. It's okay if you don't know what you need. The action of being aware, and just checking-in to your possible needs is progress. (If your needs were obvious you wouldn't be turning to food.)

Distraction	Support	Deal Directly with Feeling	Self-Care
Change environment	Call a friend	Write in journal	Set limits
Watch funny movie	Email a friend	Listen to music that matches my feelings	Respect self-vulnerability
Internet	Text a friend	Mypsychtracker.com	“Alone” time
Music	Talk to family	Write a letter	Sleep/rest
Go out with a friend	Chat online (safe and familiar)	Sit with your feeling for 10 minutes.	Write in journal
Go to a book store	Talk with spiritual advisor, such as a rabbi, priest, minister	Reframe the thoughts that are triggering the feeling. Is there another way you can view this situation?	Go for walk outside.
Play with your pet	Talk with therapist	Talk with therapist	Unplug phone, computer

week

04

A Wellbeing

Approach to Nutrition

Food Police



“Don’t eat after 8pm!”

“No carbs, they make you fat!”

“You can’t be hungry after lunch you ate all that salad, no snack!”

Sound familiar? The food police are your inner voice that has been created by diet culture and diet influence across your entire life. It tells you your individualised food rules and regulations and imposes strict adherence to these laws...or else! Or else, usually feelings of guilt and shame, but these are much more damaging to your well being than they may sound.

Guilt certainly robs the joy of eating which is terrible in itself however another

thing that guilt does, that is particularly damaging to your relationship with food, it makes you want to compensate for the rule-breaking and your ‘bad’ behaviour. If you violate a food law, you end up self-imposing a punishment, allowing your food police to be the judge, jury and executioner...for totally made-up food laws. This may include extra exercise, food restriction or jumping on the nearest detox diet.

The Issue With The Food Police:

The rigidity of this voice applying a moral value to food or behaviours, ‘good’ or ‘bad’, makes it difficult to always maintain a feeling of ‘good’ which is mentally damaging and leads to unhealthy compensatory behaviours.

What to do about the food police:

Challenge distorted thoughts about nutrition and abolish compensatory behaviours.

Inner Rebel



“Seriously steamed broccoli AGAIN, what am I a rabbit?”

“I can’t wait until my partner is away and I can eat exactly what I want, no-one will know.”

“Why am I trying so hard, everyone else at this party is loading up on food and drinks.”

Your inner rebel is your rebellious voice that says “screw you” to the food police. Your inner rebel will sporadically get tired of the food laws and often sounds frustrated or angry. This is usually the voice that tells you to give up on the ‘diet’ and do exactly what you want to do. The inner rebel isn’t wrong for doing this, your food police may be imposing food laws that are impossible to stick with and your compensatory behaviours beyond tolerable. The rage may be well-founded.

However, the inner rebel is still not very helpful. It can take you completely off track, with no consideration for health or the values you place on your nutrition. It just wants to rebel. This may mean bingeing or eating in secret, which leads to inner turmoil. You end up overcompensating in an unhealthy way for the compensatory punishing behaviour that you felt you needed to do, for violating the food police laws.

The Issue With Inner Rebel:

The inner rebel creates a pattern of unhealthy behaviours to rebel against the food police and self-imposed restrictions. This creates internal conflict and an unhealthy cycle as the food police inevitably takes over again and the cycle starts from the top.

What to do about the inner rebel:

It is difficult to control but will go away once you have dealt with the food police and stop exacerbating the situation with compensatory restriction.

Voice of Reason



“Eating no carbs is going to wear really thin, I should probably just focus on healthier carbs.”

“One night of overindulgence doesn’t make me unhealthy, I’ll just eat normally tomorrow.”

“Things haven’t gone to plan this week but I know I still love nutritious meals.”

Dichotomous thinking, such as that of the food police, can be dangerous and is often based on the premise of achieving perfection. The idea of perfection leads to neuroticism which is not supporting overall health and mental wellbeing. The epitome of health is not perfection.

Try to engage in a slower thinking process around food choice and behaviours to ensure you are challenging rigid beliefs and avoiding dichotomous thinking. If you are thinking in absolute terms, black or white, try to take a step back and consider the grey area.

Gentle Nutrition

Make sure you choose foods that you actually want.
Diet foods and sticking to a bland or unvaried diet actually decreases eating satisfaction which is a problem for 3 reasons:

1

It can lead to the inner rebel stepping up and creating unhealthy rebellious eating habits.

2

It can lead to you eating more as you have not satisfied yourself emotionally or physically, leading to frustration and unsatisfied fullness.

3

Unnecessary restriction of preferred food can lead to diet anxiety and affect your mental wellbeing and feeling of self-worth.

Body-Food Choice Congruence

This is an awareness of how food feels in your body and how you respond to it over an extended period. This awareness of your entire experience with food from start to finish will allow you to decide, with longer-term health in mind, how to eat.

E.g. I really feel like a nourishing salad but my digestion does not agree with raw kale, I think I'll go for the caesar salad.

I'm really craving ice cream but I know I'll feel super gassy afterwards, I'm just going to be sensible and get some yoghurt and berries.

Tips for Gentle Nutrition:

Try to choose whole foods that won't trigger overeating.

Consider, what do you feel like eating?

Consider, what will your body thank you for?

Consider, how hungry are you? This will affect how much and what you need.

Listen to your common sense and your experience, what feels good for your body? What feels good for you mentally? What is going to nourish you right now?

Practicing Mindful eating, enjoying the experience, tasting the flavours and feeling the satisfaction come on.

Practice including all nutrients in your meals, protein, carbohydrates and fats, with an abundance of fruits and vegetables in the diet.

Activities

Activity 1:

Complete the Cognitive Flexibility worksheet or run through it mentally when you catch yourself having an automatic negative thought brought on by the food police.

Activity 2:

Complete the Body-Food Choice Congruence worksheet to work out the emotional and physical impact food choice has on you to direct future food choice.

Cognitive Flexibility (Power of Three)

Cognitive flexibility, is the ability for a person to view a situation, event, or thoughts from different perspectives. Typically, this means re-framing automatic negative thoughts into a more positive or realistic perspective. The Power of Three practice has two key steps:

1. Identify the negative thought.
2. Reframe with three plausible and positive alternatives.

If I eat this cookie I will be unhealthy.

1. *I might be satisfied and have no cravings.*
2. *You don't get unhealthy eating cookies.*
3. *If I eat this cookie, I might discover that it's no big deal.*

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

FOOD EATEN		
HOW DO YOU FEEL?	PHYSICALLY	MENTALLY
Before		
During		
After		

week

05

Respecting Your Body

To respect your body you want to treat it in a way that aligns with what is in your body's best interest in the long run. Respecting your body is part of building self-respect and self-esteem. It's appreciating that you don't always have to love what your body looks like, to know it deserves:



Mental Stimulation



Emotional Relaxation



Nourishing Food



Healthy Movement



Enough Rest



Compassion

Attuned Movement

Attuned movement is choosing to move your body in ways that serve you physically, emotionally, socially and mentally, with internal honesty and complete trust in your motive. Movement should come from a place of health and overall well being and not from a place of punishment, calorie burning or anxiety. Attuned movement is having the ability to have a rest day when you need it, without feelings of guilt but also the ability to lace up your sneakers and run them off when you know it is a stress reliever that is in your best interest. Attuned movement comes from being the expert of you!

Attuned Nutrition

Attuned Nutrition is choosing to eat with full awareness of your hunger, satiety signals, emotional state and personal food preferences to understand and feed yourself with compassion. Nourishment often comes from a place of compromise, considering many different factors other than simply health, including time, cost, energy, food preference, fueling, appetite, social situation, geographical location and just how you feel to name a few. None of us will be nutritionally perfect all the time, but we can make attuned nutrition choices, so ditch the idea of perfection and get used to looking for the compromises that work for your health and your values.

Activity 1

Long Term (non-aesthetic) Goals

It is so important to keep in mind your 'why's' for wanting to improve your relationship with food and your body. This is often your long term goal too.

If you have had a prolonged unhealthy relationship with food and your body please remember these goals may take a while to achieve, and that is completely normal. However, for this to work long term it is important to put your body size and shape goals on the back burner and simply work on you, for now, the real you!

Why do you want a healthy relationship with food and your body?	<i>To be able to have a healthy social life</i>
What is your long term goal associated with this?	<i>To be able to go out for meals with friends and family and order what I genuinely feel like without guilt and without restriction afterwards</i>
What do you need to do in order to achieve this?	<ul style="list-style-type: none"> • <i>Rationalise distorted thinking about eating out</i> • <i>Stop restrictive behaviours after eating out, this makes me eat more whilst out which drives the guilt</i> • <i>Make sure I am eating healthy and am not hungry beforehand</i>

Why do you want a healthy relationship with food and your body?	
What is your long term goal associated with this?	
What do you need to do in order to achieve this?	

Why do you want a healthy relationship with food and your body?	
What is your long term goal associated with this?	
What do you need to do in order to achieve this?	

How do I know if I have achieved Intuitive Eating?

You will only know yourself when you have achieved intuitive eating. Only you will know the true motives behind your food and exercise choices and only you can feel the true emotions intertwined with these decisions. It is reaching a point of true neutrality and release of mental anguish around food and your body. Don't worry if you are not there yet, remember this is a journey, and yours will be individual to you.



Congratulations, you have completed DediKate Repair!

We are so proud of you and I hope that you are proud of yourself too! Moving towards a healthier relationship with food and your body is a difficult but important step to take that is unfortunately overlooked by many. You have taken a huge leap in the right direction. Thank you for the commitment that you have made and for showing up for yourself! You now have the skills to work on your healthy relationship with food and your body for the long term. You have got this!

Activities

Activity 1:

Complete the above Long Term Goals activity to outline what your main reasons are for working on your healthier relationship with food and yourself, your long term goals and how you will achieve these.

Activity 2:

Complete the Attuned Exercise - Movement worksheet to highlight where some less healthy beliefs or behaviours around your exercise may be affecting you.

Activity 3:

Complete the Healthy Movement Goals worksheet by highlighting changes that you want to make to improve the health of your relationship with movement and your body.

Attuned Exercise - Movement

Mindful exercise builds attunement, by placing value on paying attention to how your body feels during and after movement. It is an activity that fosters attunement, which includes these four components:

1. Rejuvenates, rather than exhausts or depletes.
2. Enhances the mind-body connection.
3. Alleviates stress, rather than amplifies stress.
4. Provides genuine enjoyment and pleasure.

However, some people exercise only to burn calories, with an unintended result of burning out on one end of the spectrum to compulsive over-exercising. It can be tricky to figure out when you've crossed the line from the healthy pursuit of physical activity to compulsive exercise. Here are some warning signs to consider.

Answer 'Yes' Or 'No' To These Questions	Y	N
Continue to work out, even when you are sick?		
Feel guilty if you skip a day of exercise?		
Eat enough to fuel your physical activity?		
Decline activities with friends, such as biking or going for a walk because it seems like a waste of time (doesn't 'count' as exercise)?		
Increase the amount of your exercise if you think that you ate "too much food or too high in calories"?		
Feel restless or irritable if you take a day off or try to cut down your exercise?		
Exercise longer than originally intended?		
Lie to friends and family to hide the extent of time you spend exercising?		
Feel the need to workout with increasing amounts of time in order to feel good?		
Decline going out or doing social activities in order to exercise?		
Go through withdrawal when not exercising, such as feeling anxious or depressed?		
Have a fear, that if you stop exercising, you will not be able to return to working out?		

RESOURCE:

Calogero R and Pedrotty. Daily Practices for Mindful Exercise. pp.141-160 in Handbook of low-cost preventive interventions for physical and mental health: Theory, research, and practice; L'Abate L., D. Embry, & M. Baggett, Ed. Springer-Verlag. 2007

Healthy Movement Goals

<p>Question you answered yes to? These are warning signs that you may want to work on.</p>	
<p>Why do you think you do this?</p>	
<p>What do you want to aim for or what will you do in the future to improve this?</p>	
<p>Question you answered yes to? These are warning signs that you may want to work on.</p>	
<p>Why do you think you do this?</p>	
<p>What do you want to aim for or what will you do in the future to improve this?</p>	
<p>Question you answered yes to? These are warning signs that you may want to work on.</p>	
<p>Why do you think you do this?</p>	
<p>What do you want to aim for or what will you do in the future to improve this?</p>	