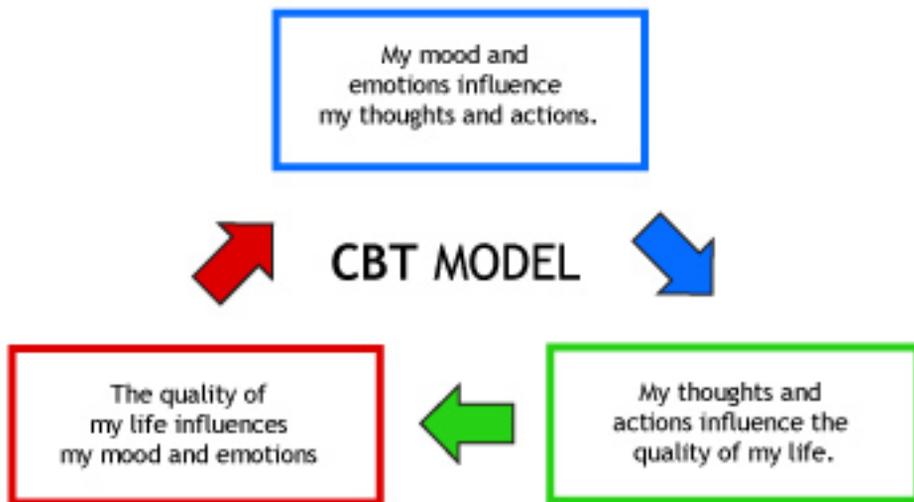


# BINGE EATING

## SESSION 2 WORKBOOK



## Regular Eating Vs Irregular Eating



### WHAT IS REGULAR EATING ?

Regular eating is the foundation on which positive changes can be made when tackling binge eating. Over 30 years of research highlight that introducing regular eating pattern will reduce binge episodes.

Regular eating is when spread your food intake over five to six smaller meals and snacks, rather than only eating three large main meals a day.

### Strategies to Help Stop Binge Eating

A man with a mustache is shown eating a piece of broccoli on a fork. To his left is a vase with several colorful flowers (orange, yellow, and red).

- Avoid extreme diets**
- Aim to eat 3 meals a day with healthy snacks in between**
- Drink plenty of water**
- Eat fiber rich foods**
- Exercise 30 minutes a day and sleep 8 hours a night**
- Practice eating only when you feel hungry and stopping when you're full**

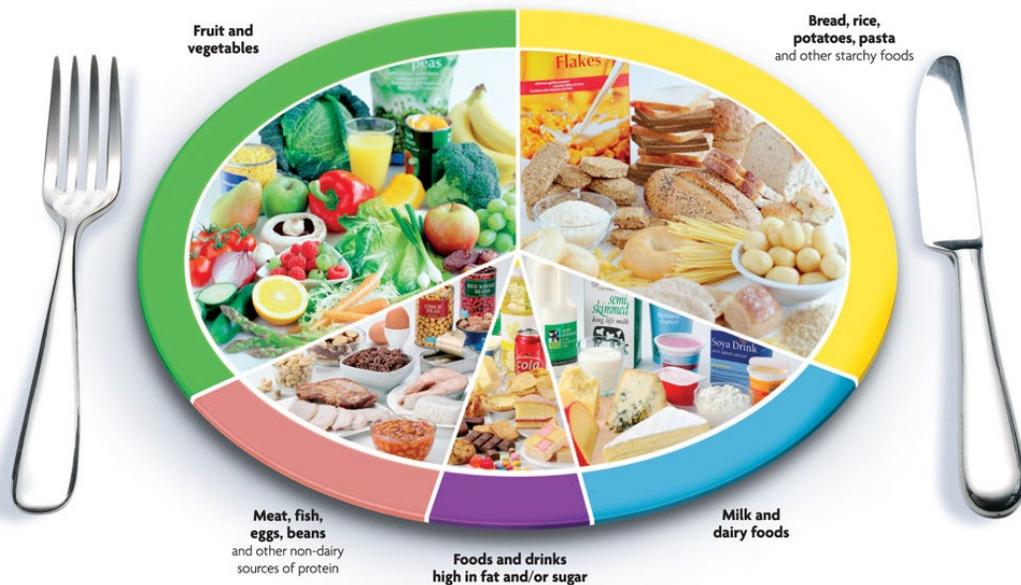
## BENEFITS OF REGULAR EATING

- Our body needs energy to get through the day and this energy comes from food.
- It is important to eat regular meals to ensure your body gets the energy it needs to perform.
- Regular eating will help regulate blood sugars.
- To prevent big hunger pangs between meals and overindulging at main mealtimes.
- Regular eating gives a sense of control and structure.
- As binge patterns improve, you will notice an improvement in your mood.

## EAT WELL PLATE

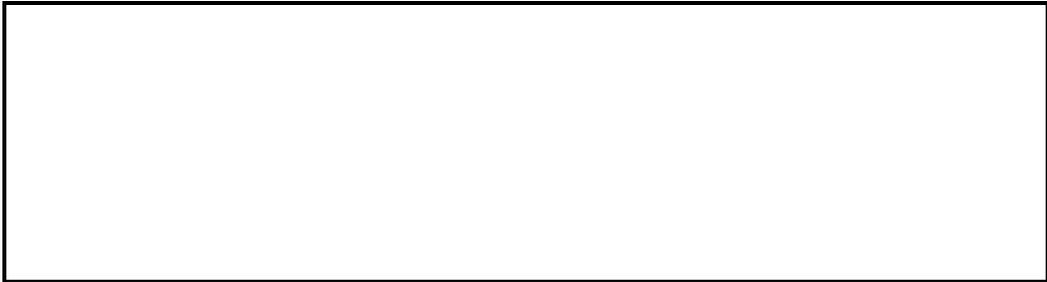
### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Task 1

Thinking about your patterns – note some here . . .



Is there areas you would like to change to improve your quality of life ?



Where could you start ?



## ESTABLISHING REGULAR EATING

Example of what a regular eating day would look like:

- 08.00 am - Breakfast
- 10.30am - Midmorning Snack
- 12.30pm - Lunch
- 3.30pm - Afternoon Snack
- 7.00pm - Evening Meal
- 9.00pm - Supper

***Remember the exact times do not matter!***

### TIPS

**Make Your Plan Flexible** – it is important to be able to adjust timings to suit your commitments and remember your plans may vary from day to day. example - A workday may look different from a non-workday.

**When you eat should be dictated by your plan for the day not by sensations of hunger or urges to eat** – as these signals are often disturbed in those who binge. Erratic eating, especially when it consists of alternating binge eating and dieting, disturbs normal mechanisms that control hunger and fullness.

Once you have established regular eating for a consistent period these normal mechanisms will start to work effectively then you can use these sensations to guide your eating although **maintaining regular eating should remain your priority.**

**Be patient with yourself** –trying to establish a new **habit** takes time. If things go wrong get back on track immediately.

**If eating habits are chaotic try to make one change at a time to make this manageable.**

## TASK: PRACTICE MINDFUL EATING

- Focus on your food
- do nothing else when eating
- Eat slowly
- Put your fork down between bites
- Take small bites
- Chew slowly and thoroughly
- Leave a piece of food on plate- get into a routine



Try eating more mindfully, does this alter...

- Your enjoyment
- Your satiety signals
- Control over food intake

## What is Motivation?

- Motivation is a **'state of eagerness to change'**
- Desire to change and being willing to commit to the lifestyle changes needed to achieve this are not the same thing.
- Sometimes people confuse these feelings and think that, because they desire so much to change that this is the same as 'motivation.
- Motivation is not the same as 'desire'.
- Motivation is at its highest when you decide and make a commitment to manage your binge eating as a priority.
- That is why it is important to keep your motivation as high as possible throughout the duration of course, by paying attention to the reasons you are doing this in the first place.

## HOW CAN I INCREASE MY MOTIVATION TO CHANGE MY LIFESTYLE?

- We are motivated by the things that are important to us and that we value in our lives.
- Is your binge eating having a serious impact on those things that are important to you in your life?
- If your answer to this is *yes*, you are more likely to feel motivated to make the necessary changes to your lifestyle in order to change .
- To help increase motivation for change it is useful to carefully consider the advantages and disadvantages involved in continuing on the course of change now.
- It is important identify and build up the positive reasons for making the changes.

**REMEMBER ACTION COMES BEFORE MOTIVATION**



## Task 2

| Advantages | Disadvantages |
|------------|---------------|
|            |               |

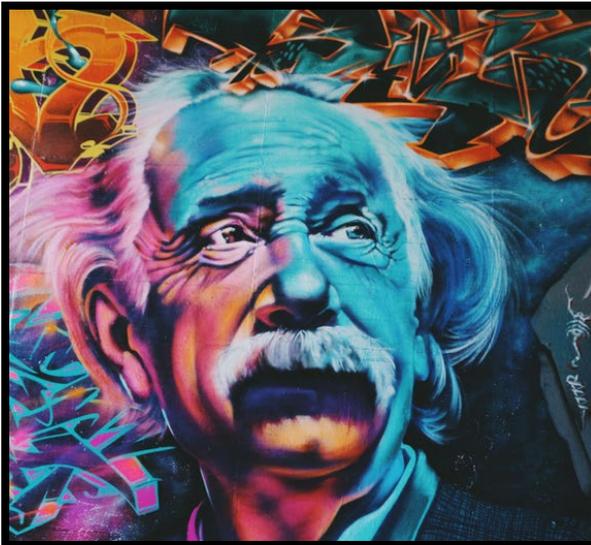
Weigh up the balance of advantages and disadvantages.

Ask yourself:

- Are you able to make a commitment to change now?
- Is there anything you can do now to help you stick to your decision?
- What support will you need to help you?
- Where will you get this support?

## HOMEWORK

- Practice mindful eating as discussed.
- Continue with self-monitoring.
- Exercise 3 x week.



*"I have no special talents, I am only passionately curious."*

ALBERT EINSTEIN



## SELF-MONITORING WORKSHEET

| <b>TIME</b> | <b>WHAT DID YOU EAT OR DRINK?<br/>BEHAVIOUR</b> | <b>ENVIRONMENT OR SITUATION</b><br>WHAT WAS HAPPENING AT THE TIME? WHERE WERE YOU?<br>WHO WERE YOU WITH? | <b>THOUGHTS</b><br>WHAT WAS GOING THROUGH YOUR MIND AT THE TIME? | <b>EMOTIONS</b><br>HOW DID YOU FEEL? |
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