



Week Nine: Nutritional Wellness

What should coaches do in this element?

- Assess client needs and progress
- Use high-mileage questions
- Guide clients through the process
- Recommend broadly, giving multiple options

What shouldn't coaches do in this element?

- Recommend certain diets, rules or plans
- Sell a specific product as if it is endorsed by the University of Wellness. You can sell products to clients at your discretion, but be clear that The University of Wellness does not endorse any products.
- Treat an apparent medical concern

Notes:



Make Your Own Rules Diet 10 Steps

(Used with Permission from *Make Your Own Rules Diet* by Tara Stiles)

1. *Feel.* Feeling is everything. When you are connected to feeling your way around instead of thinking or worrying your way around, your intuition will begin to do its thing.
2. *Breathe deep.* Every inhale creates more space and room inside. Every exhale moves you right into that space. The deeper I believe, the more space opens up.
3. *Pay Attention:* Self-Observation is critical for progress. Meditation and yoga provide the outline and the how of feeling; it's up to you to decide to pay attention to how I am, what choices are in my life, and how I want to act and live.
4. *Stay Connected.* Regular practice of yoga and meditation: 5 minutes, 10 minutes an hour every day. Whatever time you have, it's important to make some time every day to get and stay connected to feeling. It's not a one-and-done type thing. It's an everyday practice, habit, and ritual.
5. *Get interested.* The process of living well and exploring is interesting. It's important to take an interest in yourself and your surroundings. When you are interested things begin to have context and meaning and value. Experience becomes enriched and spherical instead of one-dimensional. The more I stay interested, the more depth my experience takes on.
6. *Take Care.* Taking care of yourself is a process and a practice that can be really fun and enjoyable. Long walks, hot baths, nourishing foods, good books,



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stimulating adventures. Planning self-care time is essential to living well and you are worth it!

7. *Check In.* Strive to be honest with yourself about your progress. Share your progress with friends and family so they can help you.
8. *Journal.* Every night and morning write how you feel in a journal. Getting the emotions out on paper helps you release them from your body.

Notes:



Overcoming Emotional Eating

Emotional eating has become very common within our extremely busy, fast-paced, and stressful culture. In many American homes, mindful family-style eating has fallen away and been replaced with trips to a drive-thru and distracted eating at home on the couch. How many of us eat dinner without our phones? How many people spend more than 15 minutes eating all three meals? Many Americans, especially women, have created emotional rituals surrounding food.

How many movies have you seen that star a woman who has gone through a break-up? Most of us can probably recall at least one movie, T.V. show, or commercial that have a show a grieving woman after a breakup lying in bed eating a box of chocolates or mindlessly shoveling in ice-cream while watching T.V. Emotional eating is a widely hidden but culturally accepted behavior in times of stress.

These examples are mainstream, but emotional eating can take many hidden forms with many different root causes. These causes can include stressors of any kind such as divorce, work-related stress, pressure of perfectionism, avoidance, procrastination, emotional pain, trauma, etc.



Strategies for Overcoming Emotional Eating

1. Get to the Root

Begin by cuing in on what the root cause of emotional eating and overeating could be. This is where high-mileage questions for emotional eating come into play. You can ask questions such as the following:

- What do you do to handle stress?
- What are you thinking before you begin emotionally eating?
- What are you feeling and thinking after you eat emotionally?
- What would you say your stress level is at any particular meal?
- What kinds of foods do you eat when you feel _____?
- Do you find yourself unconsciously eating and then feeling awful?
- Do you have any idea how many calories you eat on a regular basis?

2. Change Your Perception of Food

When emotional eating is involved, it is important to reframe your views surrounding food and/or to help your clients reframe their views surrounding food. Food is meant to be healthy fuel for our bodies. It is meant for enjoyment and satisfaction, but not for a cycle of intense love followed by self-destructive thoughts or actions. Maybe when you were growing up, you had siblings who were older and always wanted your food and even took it off of your plate. Maybe you grew up without a lot of money and so eating lots of good food was a huge luxury or maybe the opposite was true for you financially, but quality food was associated with



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certain emotions. These associations within our minds and bodies can lead to food meaning more than just fuel.

Food can actually be a spiritual practice. In fact, eating should be a spiritual practice. When we prepare and pay attention to our meals and the way that they make our bodies feel, we are able to gain appropriate satisfaction from eating. Some ways you can re-frame your perceptions around food and eating include:

1. Learning to eat mindfully
2. Taking a few deep breaths before eating to create a calm space for slower, more relaxed eating.
3. Drinking a glass of water before each meal to transition your body and mind into mindful eating mood
4. Asking yourself before you eat, “How am I feeling?” “What kind of food does my body need right now?”
5. Trying new foods that take you out of your comfort zone
6. Instead of looking at food as an enemy, consider it a friend that provides positive energy and strength.
7. Find other outlets or replacement behaviors for emotional eating. Try sticking a list of other activities on your refrigerator that fuel your passions such as doodling a picture with fun markers or taking a walk.
8. Only eat at the dining room table where you can fully focus on the mindful act of eating so that you can be present in enjoyment while you eat.
9. Stop labeling foods as “good” or “bad”. Simply tune in to your mind and body. If your



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mind and body truly want chocolate cake, eat a slice very mindfully, tasting and experiencing its flavors and textures.

Chances are that a few bites will satisfy!

10. Write down every negative thought you have about food, eating, or your body in a day. Next, write an opposite affirmation that is empowering to you. For example, if you think “I do not like fruits and vegetables.”

Write an affirmation like, “My body only craves foods that support and nourish it.”

Another example would be thinking, “I hate to exercise!” An affirmation you could use for this is, “My body loves to move freely!”

3, Learn to Connect with Your Inner Guide to Surrender
This is where coaches should teach meditations and intuitive eating strategies. There are many resources for this step provided in this module. Reading and following books such as *A Course in Weight Loss* by Marianne Williamson and *Make Your Own Rules Diet* by Tara Stiles are incredible for this.

Notes:



How to Practice Mindful Eating

1. Set your table and use it! Begin this practice alone at first so that you can truly experience eating with yourself. Leave your phone silent and across the room if you are able. The T.V. should be turned on and there should be no distractions.
2. As you prepare to eat, take a few long and deep breaths in through your nose and out through your mouth. This allows your body and mind to relax and to prepare for the act of grateful eating.
3. Give gratitude for your food. This can involve thanking God, the universe, or the angels for providing for you. Also, what about the farmers who harvested the vegetables and the land that was used to grow the crops? Reflect on all that you have to be thankful for during this meal. Gratitude is the key to any mindfulness practice.
4. Simply notice any racing thoughts you may have. Is your day's to-do list ringing in your ears? If so, simply notice these thoughts and keep taking deep, thankful breaths.
5. As you begin to eat, notice your foods' colors, textures, and flavors. If you struggle with eating too fast, use your non-dominant hand to hold your silverware as you eat. How does your food smell? How does it taste? Be sure to use all of your senses as you explore and eat your meal.



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6. What is your mind thinking about the food? Is it happy and content or dissatisfied and bored? Is your mind resistant to this food for some reason? Take some time to reflect on why you might be having these thoughts as you continue to eat mindfully and to completely chew your food. If you feel the need to rush, try to figure out why this may be. Are you excited for dessert or to get back to work? If your mind happens to wander, simply bring it back to this exercise. A wandering mind is completely normal!

7. As your body begins to signal that it is full and satisfied, be sure to remain at the table, allowing yourself to simply breathe for a few more moments in gratitude. Be fully present in the moment and recognize that you've taken the time to view your thoughts, feelings, and physical perceptions that were present at the beginning of the meal. They have now moved on and you have experienced awareness which should allow you to feel relaxed and at ease.



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High Mileage Questions for Nutrition

- What would a perfect day of nutrition look like to you?
- What are you grateful for?
- What have you learned this week about your eating?
- What's been your biggest nutrition challenge this past week?
- When you've felt like you had been doing really well, what has derailed you in the past?
- When you've felt like you had been doing really well in the past, what kept you going?
- What has been your biggest obstacle recently?
- When do you feel your best?
- When you're feeling your best, what are you doing?
- What would it feel like if....?
- What does your dream life look like in the realm of nutrition? What does success look like for you?
- What would you consider to be a successful day of eating and drinking?
- If I were in your shoes, what advice would you give me?
- What's been preventing you from taking action now? Why is _____ important for you in achieving your goal? What's your gut feeling about this?
 - What are some routines you can establish that will make achieving your goals easier?
 - What are the best ways that I can support you?



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Weekly Goals

Week of ____/____/____

Goal:

Daily Progress Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Weekly Reflection:

How did you feel about this week?

What went really well?

What were your biggest challenges? Did you stay on track?

What kept you motivated?

What new step toward this goal are you ready to take next week?

If you can shape it in your mind, you will find it in your life.

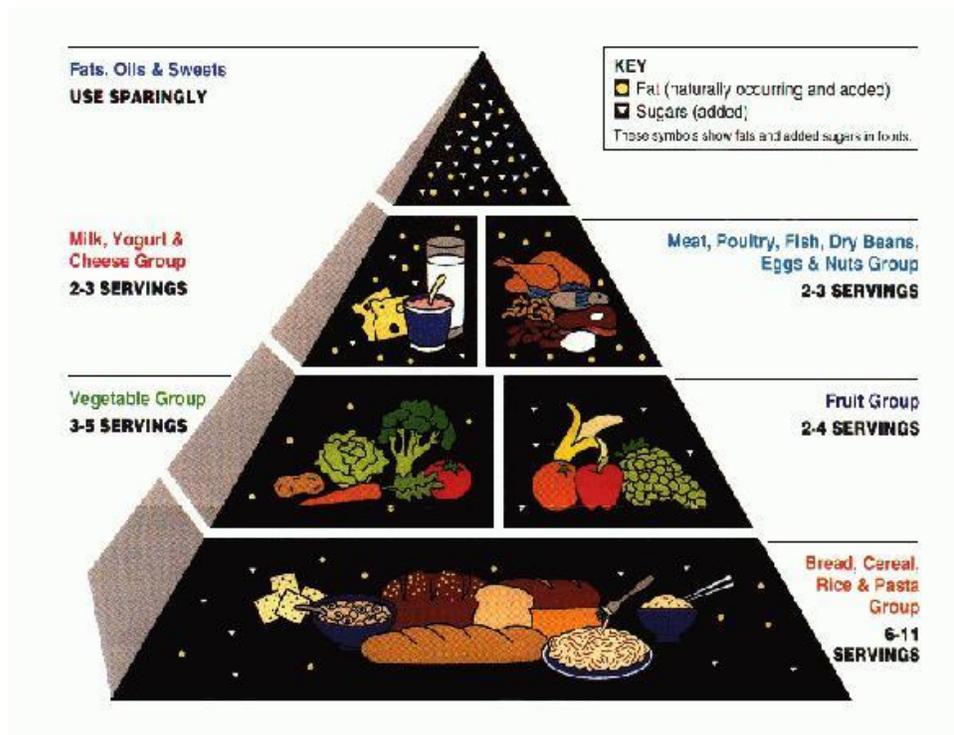
~Kerissa Kuis



Common Dietary Ideals

We are bombarded with hundreds of dietary theories and even governmental guidelines on what we should eat. In 1992, the U.S.D.A. created the food pyramid that was updated to MyPyramid in 2005. In 2011, Michelle Obama released the updated ChooseMyPlate campaign. Both of these icon launches were steps in the right direction but they both have definite shortcomings.

1992 Food Pyramid

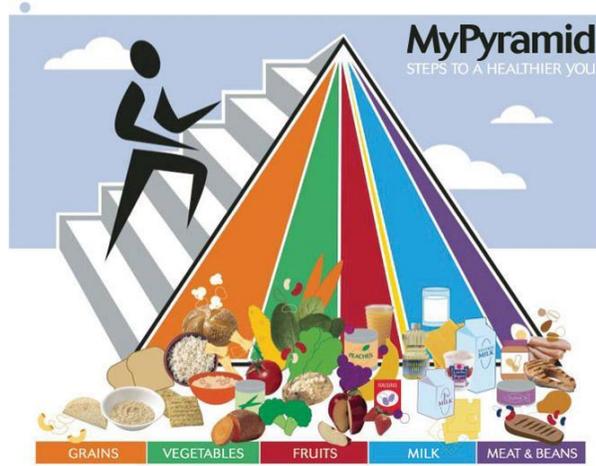


<https://www.nal.usda.gov/fnic/myplate-and-historical-food-pyramid-resource>

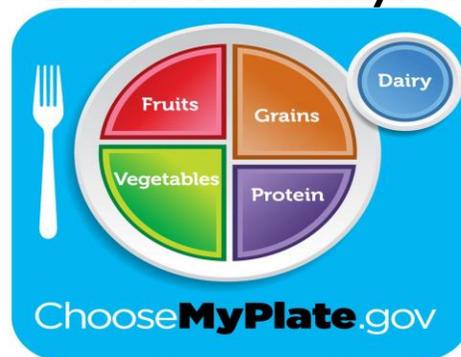


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2005 MyPyramid



2011 ChooseMyPlate



As you can see, all of these feature various food groups that not all people can tolerate or choose to eat. Dairy is one of the majorly controversial areas of these guidelines. The hormones in dairy, along with its nutritional value have been highly debated in recent years. Another issue with these is that the category of grains does not discriminate refined vs. unrefined, which are two very different nutritional values. A lot of education is still important with ChooseMyPlate because not everyone knows what proteins are. Another concern is that the importance of drinking water is nowhere on this new recommendation. With soda consumption being a major contributing factor in obesity and diabetes, beverages should definitely be addressed.



Food Groups Overview

Notes:



Final Notes

When it comes to nutrition and all areas of life, it is so important that you treat your client as if he or she is driving the car. They know exactly what their bodies, minds, and spirits need. Every time you begin a coaching session, it's important to continue eliminating your ego, stepping out of the way so that you make way for divine guidance to lead and your client to heal. Clients should always be approached and treated as if they are an infinite source of divine wisdom and guidance. It is simply your job to help them get out of their own way and to unlearn the patterns of behavior that they have established. Their own intuition is the key to their happiness, success, and overall wellness. They hold the key, you simply teach them how to unlock the door. You accomplish this by providing pathways and tools for their journey, while also providing them with encouragement and accountability.

Notes: