

# **Mindful Eating: Mindfulness Skills to Control Cravings, Eat in Moderation and Optimize Health and Coping**

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## **Outline**

### **Introduction**

Mindful Eating (ME) for Health/Weight Management

Mindful Emotional Eating (MEE) for Coping with Emotions

Meaning-Centered Eating (MCE) for Self-Growth

### **Mindful Eating – Eating for Health/Weight Management**

#### **Change Process**

Awareness Building vs. Habit-Modifying

Change = Freedom to Change + Reasons to Change + Method to Change

#### **Hunger Recognition Training**

Craving as Pseudo-Hunger

Types of Craving Triggers

#### **Craving Control Training**

Not All Craving Control Strategies Were Created Equal

Distraction, Self-Talk, and Relaxation

Mindfulness-based & Metacognition-based Craving Control

Exposure-Based Craving Control Training

### **Trigger Control Training**

- Stimulus Avoidance
- Stimulus Desensitization
- Exposure/Response Prevention

### **Fullness Recognition Training**

- Continuum of Fullness
- Sensory Specific Satiety
- Redefining “Enough”

### **Appetite Control Training**

- Preloading on Smells
- Preloading on Liquids

### **Satiety Extension Training**

- Satiety Index
- Cultivating Residual Fullness

### **Process Focus Training**

- Pattern Interruption, Choice Awareness and Mindfulness
- Mindfulness of Food Flavor
- Mindfulness of Eating Kinesthetics
- Mindfulness of Meal Setting

## **II. Mindful Emotional Eating (MEE) – Leveraging More Coping Per Calorie**

### **Introduction to MEE**

Linda Craighead's EEE (Effective Emotional Eating)

Somov's MEE (Mindful Emotional Eating)

Tatarsky's Harm Reduction Revolution

### **Short Term MEE**

Reframing the Problem to Reframe the Solution

Anapanasati-style Relaxation Training

Choice Awareness Training & Pattern Interruption

Meta-cognitive Craving Control Training

Programmatic Notes: Packaging MEE & Humanistic Homework

### **Long Term MEE**

Leveraging Self-Acceptance

Serotonin of Impulse Control and Sweetening Willpower

Sublimating the Binge Eating/Self-Restricting Roller Coaster

Calorically Sinless Vegging

Mindful Nighttime Eating

Building MEE Partnerships

MEE & Weight Management

Mindless Emotional Eating Prevention

Eastern Fullness, Eastern Emptiness

### **Emotion-Specific MEE**

Mindful Emotional Eating for Boredom and Emptiness

Mindful Emotional Eating for Sadness and Grief

Mindful Emotional Eating for Anger and Fear

Mindful Emotional Eating for Stress

### **III. Meaning-Centered Eating (MCE) – Big Picture Eating**

Meaning-Centred Eating (Developing a Personalized Philosophy of Eating that Reflects Your Life-Values)

Meditational Eating (Eating as a Meditational/Mind-Management Platform)

Spiritual Eating (Grace, etc)