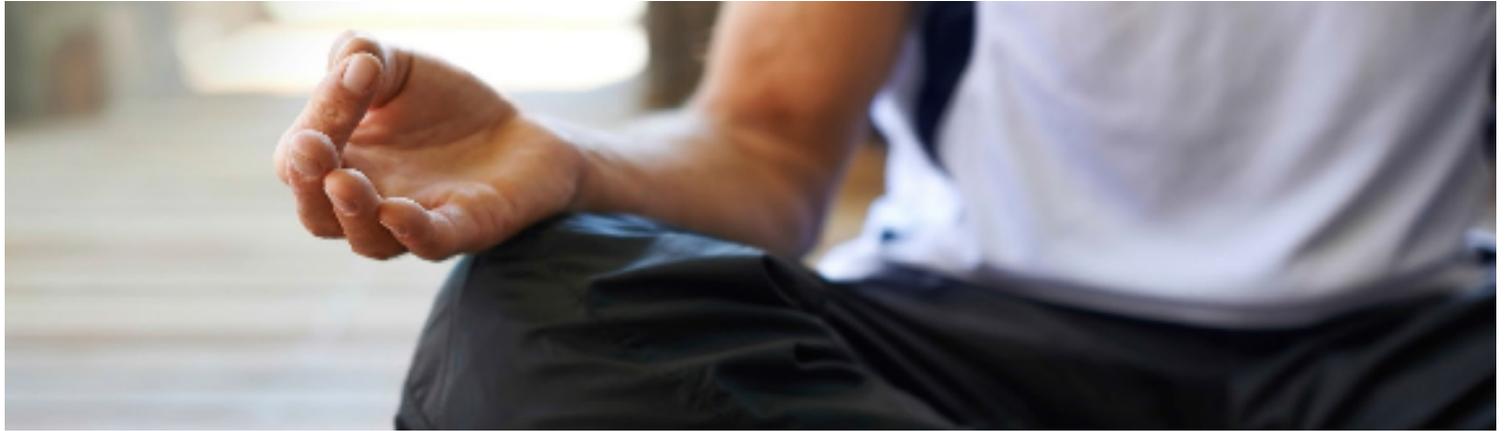




Hennepin County
Public Health

FROSTY CHALLENGE

2015 newsletter one



Newsletter one:
**THE MINDFULNESS-
STRESS-WEIGHT
CONNECTION**

Newsletter two:
**BE A SUPERHERO—
MOVE MORE!**

Newsletter three:
**SAVOR NATURE'S
BOUNTY**

Newsletter four:
SLEEP IT OFF

Newsletter five:
SUGAR SMARTS

Newsletter six:
**DIAL BACK SCREEN
TIME**

Newsletter seven:
SERVING SIZE SAVVY

Newsletter eight:
**COOK MORE, WEIGH
LESS**

THE MINDFULNESS-STRESS-WEIGHT CONNECTION

The definition of mindfulness, according to Chris Kresser, M.S., L.Ac., a globally recognized leader in functional and integrative medicine, is “Being aware of your thoughts, feelings, bodily sensations, and surrounding environment on a moment-to-moment basis. Paying attention to what is, rather than getting lost in our thoughts about the future or the past.”

What does mindfulness have to do with weight? According to a study published in the *Journal of Obesity*, mastering simple mindful eating and stress-reduction techniques can help prevent weight gain—without dieting! Mindfulness is a powerful method for effective, long-term weight management because it helps us:

- Reduce stress and anxiety.
- Tune in to our body’s real needs.
- Appreciate food more, so we eat less.

Tips for mindful eating from “The Meditation Diet”

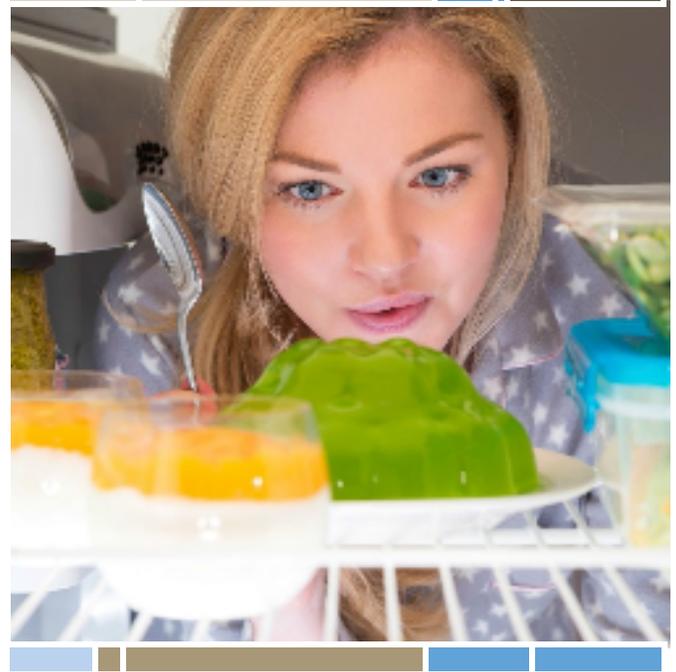
1. *Create space.* Clear away everything else, and just do one thing. Just eat.
2. *Put your food in front of you, and consider it.* Sit down and notice your food’s color, texture, imperfections, and smell.
3. *Think about its origins.* Take a moment to think about where your food came from and be grateful for it.
4. *Taste it.* One bite at a time, put the food in your mouth and savor its taste and texture.
5. *Notice your heart.* What do you feel as you eat?
6. *Pause between bites.* Don’t pick up the next bite as you chew. Just stay with one bite, then swallow. Breathe. Enjoy the space. Then repeat the process for the next bite.

Start with practicing these mindful eating tips once a day. When they become a regular habit, try them twice a day. Eventually, try these tips every time you eat or drink something.

Use mindfulness to decode cravings

Contrary to popular belief, cravings are not a bad thing. But to learn how to handle food cravings with awareness and intention, try a simple mindful eating meditation by Jamie Zimmerman, M.D. Use the acronym STOP to help you understand where the craving is coming from and what it means. What thoughts are going through your head right now? What is your craving telling you? What do you imagine will happen if you act on the craving? Breathe deeply and allow yourself to discover what you truly need.

- **Stop**
- **Take three deep breaths**
- **Observe (your feelings, emotions, and thoughts)**
- **Proceed (in a way that supports you and those around you)**



“To eat is a necessity, but to eat intelligently is an art.”

— François de La Rochefoucauld

For more information:

- <http://zenhabits.net/mind-full/>
- <http://www.thecenterformindfuleating.org/>
- <http://www.sciencedaily.com/releases/2011/12/111207152418.htm>

TRACKING LOG FOR WEEK ONE (November 1-7):

Frosty Challenge goal: I will maintain my baseline weight within 2 pounds.

Date: _____ **Weight:** _____



| Put a checkmark on the days that you practice a meditation or mindful eating tip found in this newsletter (or one of your own). | | | | | | | |
|---|--------|--------|---------|-----------|----------|--------|----------|
| Strategy for Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Practice meditation or mindful eating | | | | | | | |