Week 7 - Mindfulness and Vulnerability
Table Talk

* 2 weeks into the 21 day challenge - how is it going?
* What are your successes or challenges of the past week?
* Tell something positive or that you are grateful for from the past week.
Plant-based diets may help prevent weight gain, promote weight loss, and maintain desired weight by:

* Increasing resting energy/metabolism
* Improving satiety
* Preventing fat cells from taking up fat
* Improve hormones that helps control weight

Review from Last Week
Your Mind is either your Weapon or your Weakness

Tanya Streeter
The Key to Reaching Personal Goals: Conquer Stress First! stop at 4:45

Dr. Amit Sood
I COPPE Domains of Wellbeing
* Interpersonal Well-being

*Goal: Foster positive relationships
*Bad company can be your enemy
*61% more likely to smoke if you have a direct connection with someone who smokes
*If your friend becomes obese, your chances of becoming obese increase by 57%
*Community Well-being*

*AA and WW help with accountability and positive peer pressure*

*Weight program alone: 24% chance of maintaining loss after 10 months*

*With group support of strangers, 50% chance*

*With group support friends, 66%*
* Occupational Well-being

*Goal: Feel engaged and use your strengths with a sense of purpose
*Men who lived to 95 did not retire until they were 80 years old
*If your manager focuses on just your strengths, the chances of you being disengaged is just 1%
*Physical Well-being*

*Only 27% do 30 minutes of exercise 5 times a week*
*Exercise is much better than drugs to fight fatigue*
*Sleep is good for learning and problem solving*
*7-8 hours of sleep is optimal for most people*
*Psychological Well-being*

*Goal: learn to cope with stress*
*Goal: foster positive emotions and meaning in life*
*Happier people are...*
  * More sociable and energetic
  * More charitable
  * Better liked by others
  * More productive
  * More resilient
  * Physically healthier
  * Live longer
Economic Well-being

*Goal: Manage money better
*Goal: Improve long term financial security
*Money is essential for basic needs
*Spending money on yourself is not as good as spending money on others
*We spend the most when we are sad
*If you spend, by experiences, not things
Mind and Health Seminar by Larry Berkelhammer, PhD

https://youtu.be/iLXe2uvp9BA?t=1245
Just believe in yourself; even if you don't, pretend that you do and, at some point, you will.

—Venus Williams
Judson Brewer - a simple way to break a bad habit

https://youtu.be/-moW9jvvMr4 9:24
A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

**S** - Stop
Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

**N** - Notice
What is happening within and around you?

**A** - Accept
This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

**C** - Curious
Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

**K** - Kindness
Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

By Carla Naumburg, PhD
*Mindfully Eating*

*Eat slowly and without distraction*
*Listen to physical hunger cues*
*Distinguish between actual hunger and non-hunger triggers*

*Engage your senses: Colors, Smells, Sounds, Textures, Tastes*

*Learn to cope with anxiety and guilt about food*
*Eat to maintain overall health and well-being*
*Notice the effects food has on your feelings and figure*

*Appreciate* your food
*Avoid Triggers That Cue Problem Behavior*

* Clear your house of junk food
* Chuck the candy bowl on your desk
* Don’t walk by the vending machine
* Take a different route to avoid your drive through
* Avoid places where you will be tempted
* Don’t shop for groceries on an empty stomach
* Eat a healthy snack before going to a party
* Ask others not to tempt you
* Make a specific plan for dealing with temptations you can’t avoid
*Change the Behavior

* Eat only at the dining room table
* Set a place at the table
* Minimize distraction - no electronics
* Slow down - eat slowly and with intention
* Savor - be aware of each bite you take
* Pause

mindful eating

Here are a few tips you can try at home:

1. Always try to sit down at a table to eat.
2. Before you sit, clear any clutter that may be on the table.
3. Set a place for yourself, even if you are eating alone.
4. Use tableware and utensils that appeal to you.
5. Take a moment to adjust the lighting so it feels pleasant to you.
6. Consider playing some soft, relaxing music while you eat.
7. Try to minimize multitasking while eating.
7 Things Mindful People Do Differently

1. Approach everyday things with curiosity—and savor them

2. Forgive their mistakes—big or small

3. Show gratitude for good moments—and grace for bad ones

4. Practice compassion and nurture connections

5. Make peace with imperfection—inside and out

6. Embrace vulnerability by trusting others—and themselves

7. Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of The Now Effect
Forgiveness in an Unforgiving World by Megan Feldman

Forgiveness doesn’t excuse their behavior.

Forgiveness prevents their behavior from destroying your heart.

#beyondordinary
*The Power of Vulnerability
by Brené Brown

* https://youtu.be/iCvmsMzlF7o
*Vulnerability - 7 elements of trust*

*Boundaries - Be clear about what’s okay and what’s not okay. Be willing to say no.*

*Reliability - Do what you say you’ll do.*

*Accountability - Own your mistakes, apologize, and make amends.*

*Vault - Keep confidences. Don’t share information or experiences that are not yours to share.*

*Integrity - Choose courage over comfort - what is right over what is fun, fast or easy.*

*Nonjudgement - We can talk about how we feel without judgment.*

*Generosity - Extend the most generous interpretation possible to the intentions, words, and actions of others.*
*Homework - Work on an area of weakness: Some Possible Food Goals

* Limit Processed Foods
* Use fresh herbs and spices
* Eat fast food fewer times each week
* Eat more fruits and vegetables each day
* Cook at home
* Eat out less
* Make healthy choices when eating out
* Healthy snacking
* Create a shopping list and stick to it
* Cook without oil
Need Help?

*Check out the website: www.Roseburgthip.com
*Read How Not to Die at home for self-learning
*Check-out cookbooks and entertaining documentaries from our Loan Library for free!
Dine Up

Friday May 18th 5:30pm
Carlos’ Restaurante
101 Thompson Ave, Winston

Please RSVP at ucveg1@gmail.com
This Friday is #BiketoWorkDay!
Next Shopping Tour

Tues. May 29th 5-7pm
Tues. June 26th 5:30-7:30

Registration Required
Call or Email UC-VEG to reserve your spot

*Tours last up to 2 hours long and will meet at Sherms
Cooking Class and Potluck Moai Launch

Monday, June 4
at 6 PM - 7:30 PM

123 Ponderosa Dr.
Sutherlin
Movie Night

Tues. June 5th 7-9pm
Cascadian Coffee
732 SE Cass Roseburg
Volunteer! We meet every 3rd Wed. of the month Wednesday, May 16th at 4:30-6:00pm, Douglas County Courthouse Rm. 310
Hummus

* 1 Can Garbanzo Beans
* 1 Tbs Tahini
* ¼ cup lemon juice
* ¼ cup water
* 2 cloves of garlic

Optional add ins for extra flavor:
* Jalapeno, Cilantro, Sundried tomatoes, Roasted Red Peppers, Parsley, Cumin, Roasted garlic

Place all ingredients in food processor and blend until smooth. Use as a dip for vegetables. Spread on sandwiches (replace your mayonnaise).